

**WHOLE WHEAT ROLLS (SHORT-TIME FORMULA)**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
263 cal	48 g	8 g	4 g	0 mg	325 mg	30 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 FLOUR,WHEAT,BREAD  
 SALT

**Weight**

4-1/2 oz  
 1-5/8 lbs  
 1-1/8 oz  
 6-3/4 lbs  
 5-3/8 oz  
 7 oz  
 3-5/8 lbs  
 6-1/3 lbs  
 9 oz  
 3-5/8 lbs  
 2-7/8 oz

**Measure**

1/2 cup 2-1/3 tbsp  
 3 cup  
 2-2/3 tbsp  
 3 qts 1 cup  
 2-1/4 cup  
 1 cup  
 3 qts  
 1 gal 1-1/4 qts  
 1-1/4 cup  
 3 qts  
 1/4 cup 2/3 tbsp

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar and stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 8 2 lb-10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2 inches thick. Cut rope into 25 1-2/3 oz pieces about 1-1/3 inches long.
- 10 Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 BAKE: 20 to 25 minutes at 400 F. or in 350 F. convection oven 12 to 15 minutes or until golden brown on high fan, open vent.