

WHOLE WHEAT ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
261 cal	50 g	8 g	4 g	0 mg	383 mg	31 mg

Ingredient

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

Weight

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

Measure

1/2 cup 2-2/3 tbsp
 3-1/2 cup
 3 qts 1 cup
 3-3/8 cup
 1/4 cup 1-2/3 tbsp
 1 gal 1-1/4 qts
 1 gal 2 qts
 1-7/8 cup
 1-1/4 cup

Issue

Method

- 1 Sprinkle yeast over water. Do not use in temperatures above 110 F. Mix well. Let stand for 5 minutes. Stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine whole wheat flour, bread flour, and milk. Add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 8 2-lb 14-oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inches long.
- 8 MAKE-UP: Shape into balls by rolling with a circular motion on work table.
- 9 PROOF: At 90 F. until double in bulk, about 1 hour.
- 10 BAKE: 15 to 20 minutes at 400 F., or in 350 F. convection oven for 10 to 15 minutes until golden brown, on high fan, open vent.