

PARKER HOUSE ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	56 g	9 g	11 g	5 mg	377 mg	27 mg

Ingredient

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

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 14-1/2 lbs
 4-1/4 oz
 1-2/3 lbs
 4 oz
 4 oz

Measure

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

Issue**Method**

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute 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 between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 3 pound 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. Cut rope into pieces about 1-1/4 inch thick.
- 8 Shape 1-1/2 to 2-ounce dough pieces into balls by rolling with a circular motion on work table.
- 9 Cover with clean damp cloth; let rest 5 to 10 minutes.
- 10 Press center of each ball with a small rolling pin.
- 11 Brush with 4 ounces of melted butter; fold in half. Press edges together with thumb or palm of hand.
- 12 Place on greased sheet pans in rows 5 by 10; brush with 4 ounces of melted butter.
- 13 Proof at 90 F. until double in bulk.
- 14 Bake at 400 F., 15 to 20 minutes or in 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.