

**BUTTERFLY ROLLS**

**Yield** 100

**Portion** 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
312 cal	52 g	6 g	9 g	36 mg	261 mg	19 mg

**Ingredient**

YEAST,ACTIVE,DRY

WATER,WARM

WATER

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

MILK,NONFAT,DRY

SALT

FLOUR,WHEAT,BREAD

SHORTENING,SOFTENED

BUTTER

EGG WASH

VANILLA GLAZE

**Weight**

6-3/4 oz

1 lbs

1-5/8 lbs

1-1/4 lbs

1-1/8 lbs

1-3/4 oz

1-7/8 oz

7-7/8 lbs

14-1/2 oz

12 oz

**Measure**

1 cup

2 cup

3 cup

2-1/4 cup

2-5/8 cup

3/4 cup

3 tbsp

1 gal 2-1/2 qts

2 cup

1-1/2 cup

3/4 cup

2-3/4 cup

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing 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 a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 6-2 lb 2 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet, about 10 inches wide, 30 inches long and 1/4 inch thick.
- 8 Melt butter or margarine. Brush 1/4 cup on each sheet of dough.
- 9 MAKE-UP: Roll each piece tightly to make long slender roll. Seal edges by pressing firmly. Elongate roll to 30 inches by rolling back and forth on work table.
- 10 Slice each roll into 17 pieces about 1-3/4 inches wide.
- 11 Press each piece firmly in center parallel to cut side of roll with back of knife or small rolling pin.
- 12 Place on lightly greased sheet pans in rows 4 by 8. Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions and brush 1/4 cup on rolls in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.