

HARD ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
259 cal	49 g	8 g	3 g	0 mg	425 mg	11 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 EGG WHITES
 SUGAR,GRANULATED
 SALT
 SHORTENING,SOFTENED
 FLOUR,WHEAT,BREAD
 COOKING SPRAY,NONSTICK

Weight

2-1/2 oz
 1-2/3 lbs
 6-1/4 lbs
 8-1/2 oz
 3-1/2 oz
 3-3/4 oz
 4-1/8 oz
 14-1/2 lbs
 2 oz

Measure

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

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water, egg whites, sugar, salt, shortening, and flour in mixer bowl. Add yeast solution.
- 3 Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 4 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 5 PUNCH: Divide dough into 8 2-1/2 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 6 Roll each piece into a long rope, about 25 inches, of uniform diameter. Cut rope into pieces about 1-inch thick, weighing 1-1/2 ounces each.
- 7 MAKE-UP: Lightly spray sheet pans with non-stick cooking spray. Place rolls on sheet pans in rows 5 by 7 so rolls do not touch each other during proofing or baking.
- 8 PROOF: At 90 F. to 100 F. until double in bulk. Brush with 1 recipe hot Cornstarch Wash, Recipe No. D 040 00.
- 9 BAKE: 25 to 30 minutes at 400 F. or in 350 F. convection oven 15 minutes or until golden brown, on high fan, open vent. Brush with hot Cornstarch Wash, Recipe No. D 040 00 immediately after removal from oven.