

OATMEAL ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	46 g	8 g	9 g	0 mg	358 mg	28 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 FLOUR,WHEAT,BREAD
 CEREAL,OATMEAL,ROLLED
 MILK,NONFAT,DRY
 SHORTENING,SOFTENED
 COOKING SPRAY,NONSTICK

Weight

4-1/2 oz
 1-7/8 lbs
 5-3/4 lbs
 1-1/2 lbs
 3-1/8 oz
 9-2/3 lbs
 2 lbs
 4-1/4 oz
 1-2/3 lbs
 1 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
 2 gal
 1 qts 2 cup
 1-3/4 cup
 3-3/4 cup
 2 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place cold water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour, rolled oats 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 between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in size.
- 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 dough pieces into balls rolling with a circular motion on a worktable. Place rolls on lightly sprayed sheet pans.
- 9 PROOF: At 90 F. about 1 hour or until double in bulk.
 BAKE: Using a 350 F. convection oven, bake 10 to 12 minutes on high fan, open vent.