

BREADS AND SWEET DOUGHS No.D 033 06
HAMBURGER ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
227 cal	37 g	6 g	6 g	0 mg	239 mg	18 mg

Ingredient

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

Weight

3-3/8 oz
1-1/4 lbs
1 lbs
1 lbs
2-1/8 oz
9-2/3 lbs
2-2/3 oz
1-1/8 lbs

Measure

1/2 cup
2-3/8 cup
1-7/8 cup
2-3/8 cup
3-1/3 tbsps
2 gal
1-1/8 cup
2-1/2 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 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 water place, about 80 F., 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 Shape 2-1/2 ounce pieces of dough into balls by rolling with a circular motion on work table.
- 8 Place on greased sheet pans in rows 4 by 6.
- 9 When half-proofed, flatten with hand or small can to about 1/2 inch thickness and 3-1/2 inch diameter; brush with 1/3 recipe Milk Wash, Recipe No. I 004 02 per 100 servings.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in 350 F. convection oven for 10 to 15 minutes or until golden brown on high fan, open vent. Cool.