

**POPPY SEED ROLLS**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	56 g	9 g	9 g	0 mg	359 mg	42 mg

**Ingredient**

YEAST,ACTIVE,DRY

WATER,WARM

WATER,COLD

SUGAR,GRANULATED

SALT

FLOUR,WHEAT,BREAD

MILK,NONFAT,DRY

SHORTENING,SOFTENED

EGG WHITE WASH

POPPY SEEDS

**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

3-3/4 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

3/4 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 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 inch long.
- 8 Shape rolls as desired.
- 9 Place on greased sheet pans. Brush top of rolls lightly with water or 1/6 recipe Egg White Wash, Recipe No. D 017 01. Sprinkle top of rolls with poppy seeds.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in a 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.