

**BOWKNOTS, FIGURE 8's, AND S SHAPES**

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
288 cal	52 g	6 g	6 g	29 mg	233 mg	18 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER  
 EGGS,WHOLE,FROZEN  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 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

**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  
 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 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 3 pieces, 4 lb 5 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a rectangular sheet about 18 inches wide, 36 inches long, and 1/4-inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Fold each sheet of dough in thirds lengthwise to make a strip about 6 inches wide, 35 inches long, and 3/4-inch thick.
- 9 Cut strips crosswise into 34 pieces about 1 inch wide.
- 10 Twist pieces in one direction, then in the opposite direction, stretching to about 11 inches.
- 11 Form into various shapes. Place on lightly greased sheet pans in rows 4 by 8.
- 12 Prepare 1/4 Recipe Egg Wash, Recipe No. D 017 00; brush about 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. Brush about 3/4 cup on rolls in each pan.