

WHOLE WHEAT ROLLS (FROZEN DOUGH)

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	47 g	10 g	8 g	0 mg	480 mg	32 mg

Ingredient

DOUGH,BREAD,WHEAT,FROZEN
 COOKING SPRAY,NONSTICK
 CORNMEAL

Weight

20 lbs
 2 oz
 8 oz

Measure

1/4 cup 1/3 tbsp

Issue

Method

- 1 CCP: Thaw dough under refrigeration at 41 F. or lower. Allowing dough to rest for 30 minutes prior to use will make it easier to work with.
- 2 Preheat proof box to 90 F. Check water level. Preheat convection oven to 325 F. closed vent, fan on.
- 3 Spray 4 sheet pans with non-stick cooking spray. Dust the inside of sheet pans with 1/4 cup cornmeal each.
- 4 Shape dough into rolls by rolling in a circular motion.
- 5 Place rolls on sheet pans in rows of 6 x 9. Using a sharp knife, slash the center of each roll once. Place sheet pans in proof box beginning with the second shelf from the top.
- 6 When rolls have doubled in size, bake in a convection oven at 325 F. with fan on 12-15 minutes or until golden brown.
- 7 Remove from oven and cool before serving.