RECIPE NAME: Whole Grain Dinner Rolls   File No:

Grade Group: K-8, 9-12	
Number of Portions: 100	
Portion Size: 1 roll	
Serving Utensil: Gloved Hand	
Servings per Pan:	

HACCP Process:
- ☐ #1 No Cook
- ☐ #2 Cook & Serve Same Day
- ☐ #3 Includes Cooling Step

Recipe Adapted From:

What's Cooking?
USDA Mixing Bowl

Let's Cook
WISCONSIN SCHOOL MEALS ROCK

Ingredients	Weight	Measure	Procedure
Yeast, Active, Dry Water Flour, Whole Wheat Flour, Enriched, All-Purpose Sugar, Granulated Salt Eggs, Frozen, Whole, Raw Vegetable Oil	2 lb 1 lb 12 oz 8 oz	6 Tbsp 6 cups 2 cups 4 tsp 2 Tbsp + 2 tsp	For best results, all ingredients and utensils should be at room temperature 1. Heat water to no higher than 110°F. Dissolve dry yeast in warm water. Set aside for later use in recipe. 2. Pour flours, sugar, and salt in a commercial mixer (batch as needed). Using dough hook attachment, mix on medium-low speed until flour is completely blended, approximately 1 minute. DO NOT OVER MIX. 3. Add eggs and oil. Slowly add 12 oz of the water-yeast mixture using a dough hook attachment, mix on medium-low speed until flour is completely blended. Mix for three minutes. Again, DO NOT OVER MIX. 4. Place dough on a steam table pan (12" x 20" x 2½") heavily coated with pan release spray. Cover each pan with a towel, place in warm area for 1½ hours to allow dough to rise. 5. Punch down dough to remove bubbles. Cover each pan with a towel, place in a warm area for 1½ hours and allow to rise a second time. 6. Heavily coat a muffin pan (20½" x 14") with pan release spray. 7. Using a #30 scoop, portion 2 Tbsp. dough into each muffin cup. 8. Cover each pan with a towel, place in a warm area for at least an hour to allow dough to rise a third time. 9. Bake until golden brown: Conventional oven: 350°F for 15 minutes. Convection oven: 325°F for 12 minutes.

Total Yield:		Number of Pans:
Weight:	Measure:	Pan Size:

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above):
Meat/Meat Alternate						
Vegetable Subgroups	DG	B/P	R/O	S	O	
Fruits						
Grains	1.0 oz eq.					

Calories:	83	
Saturated Fat (g):	0.17 g	DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange
Sodium (mg):	97.35 mg	S=Starchy O=Other