



RECIPE NAME: Whole Grain Dinner Rolls

File No:



Recipe Adapted From:

What's Cooking?
USDA Mixing Bowl

| | |
|------------------------------|---|
| Grade Group: K-8, 9-12 | HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 50 | |
| Portion Size: 1 roll | |
| Serving Utensil: Gloved Hand | |
| Servings per Pan: | |

| Ingredients | Weight | Measure | Procedure |
|--|------------------------|--|---|
| Yeast, Active, Dry Water, Warm (no higher than 110 degrees F) Flour, Whole Wheat Flour, Enriched, All-Purpose Sugar, Granulated Salt Eggs, Frozen, Whole, Raw Vegetable Oil | 1 lb 14 oz 4 oz | 3 Tbsp 3 cups 1 cup 2 tsp 1 Tbsp + 1 tsp | For best results, all ingredients and utensils should be at room temperature <ol style="list-style-type: none"> Heat water to no higher than 110°F. Dissolve dry yeast in warm water. Set aside for later use in recipe. 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. 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. 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. 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. Heavily coat a muffin pan (20½" x 14") with pan release spray. Using a #30 scoop, portion 2 Tbsp. dough into each muffin cup. Cover each pan with a towel, place in a warm area for at least an hour to allow dough to rise a third time. 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

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|---|------------------------|-----|-----|---|---|---|
| Specify the grade group in the columns: | Grade Group: K-8, 9-12 | | | | | Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas(Legumes) R/O=Red/Orange S=Starchy O=Other |
| Meat/MeatAlternate | | | | | | |
| Vegetable Subgroups | DG | B/P | R/O | S | O | |
| | | | | | | |
| Fruits | | | | | | |
| Grains | 1.0 oz eq. | | | | | |
| Calories: | 83 | | | | | |
| Saturated Fat (g): | 0.17 g | | | | | |
| Sodium (mg): | 97.35 mg | | | | | |