

Whole Wheat Rolls

Makes: 300 Servings

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Ingredients	Weight	Measure
Margarine	2 lb 1 oz	4 1/8 cups
Whole milk		1 gal 2 cups
Granulated sugar	10 1/2 oz	1 1/2 cups
Instant dry baker's yeast	7 1/2 oz	1 1/8 cups
Water		2 qt 1 cup
white all-purpose flour	11 lb 10 oz	2 gal 2 qt 2 cups
Whoel grain wheat flour	12 lb 6 oz	2 gal 3 qt 2 3/4 cups

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	1
Sodium	175 mg
Total Carbohydrate	33 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	26 mg
Iron	2
Potassium	N/A
N/A - data is not available	

Granulated sugar	2 10 10 oz	1 qt 2 cups
Table salt	3 7/8 oz	1/3 cup 2 tsp

Directions

1. Combine margarine and milk and heat until margarine is melted.
2. Heat water until warm (no more than 110°F) and stir in sugar and yeast. Hold for 5 minutes until mixture bubbles to allow yeast to activate.
3. Mix the milk mixture and the water and yeast mixture with a mixer. (Be sure neither is too hot; this will kill the yeast.)
4. In a large mixing bowl, combine the flours, sugar, and salt and add to liquid mixture.
5. Mix to form dough.
6. Place dough in a large lightly greased mixing bowl; cover and let rise until it doubles in size.
7. Punch dough down and knead.
8. Roll out dough on a floured surface. Form rolls from dough by pinching off 2 ounce pieces and shaping or using a roll cutter. Place on a greased sheet pan.
9. Let rise again.
0. Bake at 325°F in a convection oven for 10 to 15 minutes or until golden brown. Spray top with butter mist spray.

Source: National Food Service Management Institute