

Whole Wheat Bread, 51%

Makes: 100 Servings

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Ingredients	Weight	Measure
Flour, white, whole wheat	3 lb 12 oz	
Flour, all-purpose, enriched	3 lb 8 oz	
Dry milk, instant, nonfat	7 oz	1 ¾ cup
Sugar, granulated	11.5 oz	1 ½ cup, 3 Tbsp
Yeast, instant dry	3 oz	½ cup
Salt	1.75 oz	2 tbsp, 2 tsp
Vegetable oil	13 oz	1 2/3 cup

Nutrition Information

Nutrients	Amount
Calories	160
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	192 mg
Total Carbohydrate	28 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	17 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

Water (calculate water temperature by subtracting the temperature of the dry ingredients from 145°F)	4 1/2 cups	2 qt, 1/4 cup (+ up to 1 cup if dough is stiff)
Pan release spray		As needed

Directions

1. Place flour, dry milk, sugar, yeast, and salt in mixer bowl.
2. Blend with dough hook for approximately 2 minutes on low speed.
3. Add oil and blend for approximately 2 minutes on low speed
4. Add first amount of water to the dry ingredients. If dough appears too stiff, add up to 1 cup extra water per 100 servings. More or less can be added as needed. Mix for 1 minute on low speed or until all water is mixed with the dry ingredients.
5. Knead dough on medium speed for 8-10 minutes until dough is properly developed. Use the gluten stretch test. (At 8 minutes, stretch the dough like a rope, if it breaks, continue to mix 2 additional minutes).
6. Proof in a warm area until double in bulk, approx 30-50

minutes.

7. Bake until lightly browned: Conventional oven: 400°F for 28-40 minutes. Convection oven: 350°F for 20-30 minutes.

Turn pans half-way through the baking time to promote even baking. Recommended internal temperature for baked rolls is 196-198°F.

8. Lightly spray loaves with pan release spray when baking is completed. Let cool.

9. Trim off the crust on the ends of each loaf.

10. Cut each loaf into 25 slices for 2 oz slices.

Source: Iowa Gold Star Cycle Menu