

WHITE BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	33 g	6 g	2 g	0 mg	334 mg	22 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 MILK,NONFAT,DRY
 FLOUR,WHEAT,BREAD
 SHORTENING

Weight

1-2/3 oz
 12-1/2 oz
 4-1/8 lbs
 5-1/4 oz
 3 oz
 4-1/4 oz
 9-1/3 lbs
 6-1/3 oz

Measure

1/4 cup 1/3 tbsp
 1-1/2 cup
 2 qts
 3/4 cup
 1/4 cup 1 tbsp
 1-3/4 cup
 1 gal 3-3/4 qts
 3/4 cup 2 tbsp

Issue

Method

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, salt, and milk in mixer bowl. Mix at low speed just enough to blend.
- 3 Add flour. Using dough hook, mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 6 FERMENT: Cover and set in warm place, 80 F. for 2 hours or until double in bulk.
- 7 PUNCH: Fold sides into center and turn dough completely over. Let rest 30 minutes.
- 8 MAKE UP: Scale into approximately 8 1-3/4 pound pieces; shape each piece into a smooth ball; let rest 12 to 15 minutes. Mold each piece into an oblong loaf; place each loaf seam-side down into lightly greased pan.
- 9 PROOF: At 90 F. to 100 F. about 1 hour or until double in bulk.
 BAKE: Using a convection oven, bake at 375 F. until done, on low fan with open vent.
 When cool, slice 25 slices, about 1/2 inch thick, per loaf.

Notes

- 1 In Step 8, when using 9 x 4-1/4 x 2-3/4 bread pans, scale into 12-18 ounce pieces.
- 2 For Semi-Automated Equipment: Follow Steps 1 through 7. In Step 8, scale into 8-27-ounce pieces; shape each piece into a smooth ball; let rest 12 to 15 minutes. Using a 10-inch pressure plate, feed balls one at a time into bread molding machine. Pan seam-side down into lightly greased bread pans. Follow Steps 9 through 11.