

LONGJOHNS

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 SUGAR,GRANULATED
 SALT
 SHORTENING
 EGGS,WHOLE,FROZEN
 WATER,COLD
 EXTRACT,VANILLA
 FLOUR,WHEAT,BREAD
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 NUTMEG,GROUND

Weight

3-3/4 oz
 1-5/8 lbs
 1 lbs
 1-1/2 oz
 9 oz
 8-5/8 oz
 1-1/4 lbs
 1-3/8 oz
 3-7/8 lbs
 2-1/4 lbs
 1-3/4 oz
 1/4 oz

Measure

1/2 cup 1 tbsp
 3 cup
 2-1/4 cup
 2-1/3 tbsp
 1-1/4 cup
 1 cup
 2-3/8 cup
 3 tbsp
 3 qts 1 cup
 2 qts
 3/4 cup
 1 tbsp

Issue**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover and set in warm place (80 F.), 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 (3 lb 8 oz) pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece into rectangular strips, 5 inches wide, 50 inches long, and 1/2-inch thick; cut into strips 1 inch wide.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.
 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00 or dip in Vanilla Glaze, Rum Glaze, Almond Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.