

SWEET DOUGH

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	32 g	6 g	5 g	24 mg	221 mg	16 mg

Ingredient

YEAST,ACTIVE,DRY
 WATER,WARM
 WATER
 EGGS,WHOLE,FROZEN
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 SALT
 FLOUR,WHEAT,BREAD
 SHORTENING,SOFTENED

Weight

6-3/4 oz
 1 lbs
 1-5/8 lbs
 1-1/4 lbs
 1-1/8 lbs
 1-3/4 oz
 1-7/8 oz
 7-7/8 lbs
 14-1/2 oz

Measure

1 cup
 2 cup
 3 cup
 2-1/4 cup
 2-5/8 cup
 3/4 cup
 3 tbsp
 1 gal 2-1/2 qts
 2 cup

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 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. 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. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, shape into a rectangular piece. Let rest 10 to 20 minutes.