

Item Type: All

Item Id: RB-02-HT2 to RB-02-HT2

**Recipe:** RB-02-HT2

**Description:** Bread Hamburger Bun (SCRATCH T2)

Ingredients required to make a Quantity of 118.0 Serving units.

<b>Fat ID:</b>	<b>Moisture Change:</b> 0.00	<b>Fat Change:</b> 0.00		
<b>Item ID</b>	<b>Description</b>	<b>Quantity</b>		<b>Quantity 2</b>
36.3860.00	Yeast Cs/20	0.13 Pound		Tsp.
38.2100.00	Milk or Milk Replacer Dry Sack/50#	0.23 Pound		
36.3200.00	Honey Cs/6 5#	1.06 Pound		
36.3740.26	Salt Bag/25#	0.16 Pound		
H20	Water used for recipes	5.25 Pound		Pound
36.1091.04	Oil Vegetable Cs/3 gallon	0.31 Pound		Pound
36.2785.02	Flour Conagra T2 Healthy Choice Bag/50#	7.88 Pound		

**Preparation Instructions:**

**DIRECTIONS**

1. Place all dry ingredients in mixing bowl and mix for 30 seconds on low speed
2. Add water (reserving 10%), oil and honey
3. Mix on low speed until all ingredients are incorporated, add reserved water a little at a time if dough is stiff
4. Continue mixing until dough is fully developed (5-7 minutes)
5. Place dough into plastic container to rest until doubled in size
6. Shape into 2 oz ball and put on pan according to portion/serving instructions listed below.
7. Spray pan liner with pan spray, cover shaped hamburger buns with sprayed pan liner, repeat this step stacking sheet pans, and let rise until doubled in size. The weight of the pans will press dough into a hamburger bun shape. Additional pressing might be needed. If so using a rolling pin, roll over pan liner to press out each bun the size of a hamburger patty.
8. Bake in convection oven at 325 degrees for 12-15 minutes

Portion/Serving  
Rolls per pan                      4x6

COMPONENTS            (E-12)  
BBA                      3

Denver Public Schools  
Food & Nutrition Services  
6/6/2012

\* Nutrient information is missing.

## Recipe Information

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Description: Bread Hamburger Bun (SCRATCH T2)

**Amount of nutrients contained in 1 serving:**

**% of Calories**

<b>Water (grams):</b>	24.40	<b>Calories</b>	131.93	<b>Protein (grams):</b>	4.18	12.67
<b>Chol. (mg):</b>	0.16	<b>Sodium (mg)</b>	237.89	<b>Carb. (grams):</b>	25.96	78.72
<b>Fiber (grams):</b>	2.36	<b>Ash (grams):</b>	1.27	<b>Total Fat (grams):</b>	1.72	11.76
<b>Calcium (mg):</b>	19.80	<b>Iron (mg):</b>	2.17	<b>Sat. Fat (grams):</b>	0.13	0.91
<b>Vitamin C (mg):</b>	0.05	<b>Vitamin A (IU):</b>	21.35	<b>Trans Fat (grams):</b>	0.00	
		<b>Vitamin A (RE):</b>	6.39			

\* Nutrient information is missing.