

Classic Soft Wholemeal Dinner Rolls



Soft, fluffy and perfectly golden brown, these classic dinner rolls made from wholemeal fine flour provide a healthier option to everyday white bread.

Nutrition Content Per 100g:

Calories 315kcal; Total Fat 10.1g; Saturated Fat 5.9g; Trans Fat 0.5g; Cholesterol 67.8mg; Total Carbohydrates 46.4g; Dietary Fiber 2.3g; Sugars 8.6g; Protein 9.5g; Calcium 45.0mg; Magnesium 48.7mg; Phosphorus 173mg; Potassium 255mg; Sodium 39.4mg; Iron 1.5mg; Vitamin A 344IU; Vitamin C 0mg

Benefit of Using U.S. Permeate:

- Contributes to browning and a softer texture in breads.

Ingredients:

Bread Flour	300g
Wholemeal Fine Flour	200g
Castor Sugar	70g
Instant Yeast	15g
U.S. Permeate	45g
Water	240g
Butter (Unsalted)	100g
Egg Yolk	50g
Total	1020g

Preparation:

1. Place the wholemeal fine flour, bread flour, castor sugar, yeast and U.S. permeate in a mixer bowl and mix lightly with a spatula.
2. In a small saucepan, melt the butter. Add in water and heat until it is slightly warm at 40 to 45 °C.
3. Pour the melted butter mixture over the flour in the mixing bowl and add in the egg yolks.
4. Mix with the dough hook on low speed for 1 to 2 minutes until it is all incorporated.
5. Increase to medium high speed and knead for 8 to 10 minutes.



Preparation:

6. Place the dough in a lightly greased bowl and cover it with plastic wrap.
7. Allow it to proof for about 45 to 60 minutes until it doubles in size.
8. Turn the dough onto a clean work surface and gently press to deflate.
9. Divide the dough into equal pieces of 60g each.
10. Form each piece into a ball and place onto a greased baking dish (9 x 9 inch), with the seam side down.
11. Cover the pan with plastic wrap and let the dough rise for another 30 to 45 minutes until it is double in size.
12. Remove the plastic wrap and brush the rolls with egg white.
13. Bake at 170°C for 20 to 25 minutes until golden brown.

Tips:

- For soft white dinner rolls, use 100% white bread flour.
- For a more nutty texture, incorporate sesame seeds or other seeds and nuts and sprinkle them to the surface of the dough before baking.

Developed by U.S. Dairy Export Council Southeast Asia.
For additional information and recipes using U.S. dairy ingredients, visit: www.ThinkUSAdairy.org/SEAsia