

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.

INGREDIENTS

	Quantity (g)	Usage Level
Bread Flour	300	29.4
Wholemeal Fine Flour	200	19.6
Castor Sugar	70	6.9
Instant Yeast	15	1.5
U.S. Permeate	45	4.4
Water	240	23.5
Butter (Unsalted)	100	9.8
Egg Yolk	50	4.9
Total	1020	100

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.

PREPARATION

- Place the wholemeal fine flour, bread flour, castor sugar, yeast and U.S. permeate in a mixer bowl and mix lightly with a spatula.
- In a small saucepan, melt the butter. Add in water and heat until it is slightly warm at 40 to 45 °C.
- Pour the melted butter mixture over the flour in the mixing bowl and add in the egg yolks.
- Mix with the dough hook on low speed for 1 to 2 minutes until it is all incorporated.
- Increase to medium high speed and knead for 8 to 10 minutes.
- Place the dough in a lightly greased bowl and cover it with plastic wrap.
- Allow it to proof for about 45 to 60 minutes until it doubles in size.
- Turn the dough onto a clean work surface and gently press to deflate.
- Divide the dough into equal pieces of 60g each.
- Form each piece into a ball and place onto a greased baking dish (9 x 9 inch), with the seam side down.
- Cover the pan with plastic wrap and let the dough rise for another 30 to 45 minutes until it is double in size.
- Remove the plastic wrap and brush the rolls with egg white.
- Bake at 170°C for 20 to 25 minutes until golden brown.



BENEFIT OF USING U.S. PERMEATE

- Contributes to browning and a softer texture in breads.

NUTRITIONAL 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

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.