**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE:** Pepperoni Rolls

**Yield:** 8 knots  **Oven Temp:** 375F

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INGREDIENTS:**

60mL Warm Water

2.5mL Instant Yeast

20mL Sugar

185mL-215mL Flour

0.5mL Salt

1mL Oregano

5mL Shortening

15mL Egg

80mL Pepperoni, diced (optional)

140mL Mozzarella, shredded

**INSTRUCTIONS**: (Bread Day One)

1. In a large mixing bowl, combine 60mL of flour, sugar, yeast, oregano and salt.
2. In a liquid measuring cup, heat water in the microwave. Stir in 5mL of shortening until melted. Once cooled, stir in the 15mL egg.

**\*REMINDERS**

- dice pepperoni small

- Gently add in the remaining 155mL flour

-Water should be warm not hot when egg is added

1. Add the warm water mixture as well as the cheese and diced pepperoni to dry ingredients and mix with a wooden spoon to create gluten strands.
2. Add the remaining 125mL-155mL flour until the dough pulls away from sides of bowl and forms a ball.
3. Place dough on counter and knead for 5 minutes until smooth.
4. Lightly oil the inside of a Ziploc bag, place dough in bag and coat all surfaces to prevent sticking. Label bag with names and block. Keep bag open and leave at the front of demo table.

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment

**Baking Time:** 10-12 minutes

**DAY 2-**

**\*REMINDERS**

- divide into 8 equal portions before shaping or they won’t all bake at the same rate.

- every shapes their own 4 rolls

1. Heat oven to 375F and line a cookie sheet with parchment paper.
2. Divide dough into 4 pieces. Divide each piece again to make 8 balls of dough in total.
3. Roll and shape dough using techniques demonstrated by teacher or ideas found on the internet.
4. Place on prepared cookie sheet 1 inch apart. Cover with clean tea towel and let dough rest for 5-10 minutes (if there is time available).
5. Bake for 10-12 minutes or until golden brown.

PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment

**DEMO QUESTIONS:** reference: Yeast bread handout

1. In your own words, *What is Gluten*? How is it made?
2. The flour listed in this recipe is not exact. Explain why?
3. Pepperoni and cheese have a lot of salt and I want less salt in my diet. Can I remove the salt from the dough? Explain
4. Why does this recipe use instant yeast?
5. Yeast bread are typically made all in one day. How does placing the dough in the fridge allow us to make this recipe over 2 days?
6. Explain why yeast breads change size before being placed in the oven.
7. What is the process called that produces carbon dioxide gas from yeast?
8. Use your phone to search the internet for creative ways to shape bread rolls. Draw or describe the 4 ways you would like to try shaping your dough tomorrow

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| --- | --- | --- | --- |
| a. | b. | c. | d. |