



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## Pioneer Rolls

**Makes:** 120 Servings

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Ingredients	Weight	Measure
Cornmeal, yellow	9 oz	
Salt		2 Tbsp
Brown sugar	6 oz	
Whole wheat flour	1 lb	
All-purpose flour	5 lb	
Yeast, instant	1 1/4 oz	
Vegetable oil		1/3 cup
Water, warm or 110 degrees F		2 qts

## Directions

1. Place dry ingredients in a mixing bowl. With dough hook, mix on #1 speed for 2 minutes.
2. Add vegetable oil and mix on #1 speed for 2 minutes more. Gradually add enough water to make a soft dough that pulls itself from side of bowl.
3. Knead dough on #2 speed for 10 to 12 minutes or until a small piece of dough can be stretched to resemble a thin membrane. Cover it and let it rise until it doubles in bulk.
4. Punch down the dough and shape it into 120 1 1/2 ounce rolls. Place them on baking pans and proof them until they double in size.
5. Bake rolls at 400 degrees F. for 15 minutes or until golden brown. Take them off of the pans and let them cool before serving.

## Notes

Serving Tips:

For a variation, make loaves instead of rolls. Punch down dough and scale into 8 portions, 1 pound, 7 ounces each. Shape them into 8 round loaves and place them on baking pans that have been sprinkled with cornmeal. Proof them until double in size. Bake at 375 degrees F. for 30 to 35 minutes or until the interior temperature registers 200 to 210 degrees F. Slice to serve.

## My Notes

**Source:** Wheat Foods Council

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	108
Total Fat	2 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	118 mg
Total Carbohydrate	20 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available