

Refrigerator Potato Dough

Dough Preparation Time: 30 minutes

Fermentation Time 1 hour

Baking Time: 10 to 12 minutes

Yields: 3 lb. 12 oz. dough. 3 dozen (1.75 oz./48g) rolls; OR three 1.25 lb/565g dough pieces

Ingredients	Measurement	Weight	Bakers %
Unbleached all-purpose flour*	6 ½ to 7 cups	27.5 to 30 oz 780g to 850g	100%
Warm water (95 °F.)	½ cup	4 oz	13%
Active dry** yeast	4 ½ teaspoons (2 pkg.)	0.5 oz/14g	1.5%
Sugar	½ teaspoon	2 g	0.2%
Milk, scalded, cooled (72° F.)	1 ½ cups	12 oz	40%
Butter	½ cup + 2 T.	5 oz/142g	16%
Sugar	½ cup	3.5 oz/100g	12%
Salt	2 ½ teaspoons	0.6 oz/15g	1.75%
Mashed potato, unseasoned***	1/3 cup	3 oz/85g	10%
Whole eggs	2 large or 3 medium	3.5 oz/100g	12%
Citrus zest, optional	1 ½ teaspoons	3g	0.4%

*For whole grain option replace 4 cups (16 oz.) all-purpose flour with whole wheat flour

**Fast-rising or instant yeast may be used. Combine yeast with flour; combine water and milk (72° F); add together

***1 small potato, white, yellow or sweet; cooked, peeled and mashed or equivalent potato flakes or flour

Directions

1. Mix warm water, yeast and ½ tsp. sugar in small bowl. Set aside 5 minutes.
2. Heat milk in microwave until steaming hot (190° F.). Pour milk into large mixing bowl; add butter, ½ cup sugar, and salt; mix. Cool to 80° F. or cooler.
3. When milk mixture is cooled, stir in dissolved yeast, mashed potato and eggs. Gradually add 4 cups flour (if using whole wheat flour, add it first). Beat at medium speed 3 to 5 minutes until smooth. Cover bowl and let dough rest 15 minutes.
4. Mix in remaining flour until dough forms a rough ball.
5. Place dough on lightly floured surface; knead about 10 minutes until smooth and elastic OR mix with dough attachment on medium speed until dough cleans the bowl, about 7-10 minutes. If dough is too dry, mix/knead in 1-2 T. water. Target dough temperature: 78° F. or cooler.
6. Place dough into large greased bowl; turn dough; greased-side is up. Cover bowl with sealing lid or put dough in a very large (2 gallon) plastic food storage bag sprayed with vegetable spray. Force out air and seal at top of bag leaving room for dough to raise. (If freezing, divide into three equal discs, wrap as directed p. 134 and freeze.)
7. Refrigerate dough, deflating dough after about an hour; round dough into a ball, smooth side up. Refrigerate until ready for shaping; dough will keep in refrigerator one to three days; deflate dough again if needed.
8. Divide dough into thirds (1 to 1.25 lb. each) and shape each into a smooth ball. Cover to rest 5-10 minutes.
9. Sculpt each 1 to 1.25 lb. piece into... a dozen rolls, a loaf or braid, snail or buns using Dough Shaping 101 guide.
10. Follow oven preheating and baking instructions for each product.
Loaves, 350° F., 25-30 minutes
Rolls, 375° F., 12-15 minutes
(190-210° F., at center)

Nutrition Facts	
Serving Size (48g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	