

Brown Bread

Meal Components: Grains

Breads, B-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	1. Blend flour, cornmeal, baking soda, and salt in mixer for 1 minute on low speed.
Whole grain-rich cornmeal	12 oz	2 3/4 cups 2 Tbsp	1 lb 8 oz	1 qt 1 3/4 cups	
Baking soda		1 Tbsp		2 Tbsp	2. Combine milk and lemon juice or white vinegar (to sour the milk). Let stand for 5 minutes.
Salt		1 tsp		2 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
Frozen lemon juice concentrate, reconstituted		1/4 cup		1/2 cup	3. Add molasses and vegetable oil to milk mixture. Blend well.
OR		OR		OR	
White vinegar		1/4 cup		1/2 cup	
Molasses	1 lb	1 1/2 cups	2 lb	3 cups	

†Raisins, plumped (optional) 8 oz 1 1/4 cups 1 lb 2 1/2 cups

4. Add liquid mixture and raisins (optional) to dry ingredients. Blend for 3 minutes on low speed. DO NOT OVERMIX. Batter will be lumpy.
5. Pour 5 lb (2 qt ½ cup) batter into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
6. Bake or steam until a knife inserted near center comes out clean: Conventional oven: 375° F for 40-50 minutes Convection oven: 325° F for 25-35 minutes Steamer: 5 lb pressure for 55-65 minutes
7. Cool. Cut each pan 5 x 10 (50 pieces per pan).
8. For loaf pans: Pour 2 lb 8 oz (approximately 1 qt ¼ cup) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
9. Remove from pans. Cool completely. Cut each loaf into 25 slices, about ½" thick.

Notes

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Serving	Yield	Volume
1 piece provides 3/4 oz equivalent grains.	50 Servings: 1 steamtable pan OR 2 loaves	50 Servings: about 2 quarts ½ cup (batter) 50 pieces
	100 Servings: 2 steamtable pans OR 4 loaves	100 Servings: about 1 gallon 1 cup (batter) 100 pieces

Nutrients Per Serving					
Calories	N/A	Saturated Fat	N/A	Calcium	44 mg
Protein	N/A	Cholesterol		Sodium	N/A
Carbohydrate	N/A	Vitamin A	28 IU	Dietary Fiber	N/A
Total Fat	N/A	Iron	1 mg		