

Briess Hawaiian Buns

Natural sweetness without 'added sugars'

Ingredients	Volume	Grams	Percent	Bakers	
				Percent	Percent
Milk (warm)	1/3 cup	80.4	7.7	14.8	
Instant Yeast	1 tbsp	8.3	0.8	1.5	
InnoSweet™ Sprouted Whole Wheat Powder	1/2 cup	90	8.7	16.5	
Olive Oil	1/4 cup	35.5	3.4	6.5	
Butter, Melted	1/4 cup	50	4.8	9.2	
Eggs	2 large	116	11.2	21.3	
Crushed Pineapple (pureed)	2/3 cup	115	11.1	21.1	
Bread Flour	3-1/2 cups	545	52.4	100	
Salt	1/2 tsp	3.2	0.3	0.6	
Pineapple Flavor (optional)	1/2 tsp	2	0.2	0.4	

Wash

Eggs	1 large
Water	2 tbsp

Method

1. Melt butter and let cool.
2. Combine yeast and milk in stand mixer bowl; let stand 5 minutes.
3. Add butter, oil, eggs, InnoSweet™ and pineapple puree (pineapple flavor) to yeast mixture.
4. Stir until well combined.
5. In separate bowl, combine flour and salt. Gradually add 2 cups of flour and mix to wet ingredients, stirring with large spoon into a shaggy dough.
6. Attach dough hook on low speed, gradually adding remaining flour mixture. The dough should be soft but not stick. Form into a ball. More flour may be needed.
7. Knead 8-10 minutes (forming good gluten bonds).
8. Place dough in a clean bowl cover and proof for 1 hour or until it doubles in size.
9. Lightly grease 9x13 baking pan.
10. Divide proofed dough into prepared baking pans. Cover with plastic wrap and let rise for 30 minutes.
11. Preheat oven to 350° F.
12. Brush rolls with egg wash.
13. Bake 20 minutes until golden brown.



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