

# Basic Lean Yeast Dough

Conversion  
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

6

24

Original Yield x Conversion Factor = Desired Yield

Water, warm (105 degrees)

8 oz.

Oil or melted butter (add to water)

1 T.

Active dry yeast

1 ½ t.

Sugar

1 ½ t.

All-purpose flour

2 c.

Salt

1 t.

1. Combine first four ingredients in a bowl.
2. Add flour and salt.
3. Knead dough for approximately 8-10 minutes.
4. Place into a greased bowl, cover with towel and allow to double in size (approximately 30 minutes).
5. Gently deflate and fold the dough into a ball.
6. Weigh, portion, and shape dough as directed below:

Item

Portion size

Number

a. Round rolls

2 oz.

2 ea.

b. Single knot

2 oz.

2 ea.

c. Baguette

8 oz.

1 ea.