



Italian Bread

USDA Recipe for Schools

This versatile Italian Bread is a nutritious and delicious addition to any menu!

NSLP/NBP CREDITING INFORMATION
 1 slice provides 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Active dry yeast	2 ² / ₃ oz	1/4 cup 2 tsp	5 ¹ / ₃ oz	1/2 cup 1 Tbsp 1 tsp	1 For best results, all ingredients and utensils should be at room temperature.
Water (110 °F)		1 cup		2 cups	2 Dissolve dry yeast in warm water (110 °F). Let stand for 4–5 minutes. Set aside for step 5.
Whole-wheat flour	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	3 Place flour, dry milk, sugar, and salt in a commercial mixer (batch as needed). Using a dough hook attachment, mix on low speed for 2 minutes. Leave dry ingredients in mixer.
Enriched bread flour	1 lb 12 oz	1 qt 2 ¹ / ₄ cups	3 lb 8 oz	3 qt 1/2 cup	4 Add water and mix for 1 minute on low speed.
Instant nonfat dry milk	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	5 Add dissolved yeast and mix for 2 minutes on low speed.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar	2 oz	¼ cup	4 oz	½ cup	6 Add shortening, and mix for 2 minutes on low speed.
Salt		1 Tbsp ½ tsp		2 Tbsp 1 tsp	7 Knead dough for 8 minutes on medium speed or until dough is smooth and elastic.
Water (70 °F to 75 °F)		3 cups		1 qt 2 cups	8 Place dough in a warm area (about 90 °F) for 45–60 minutes.
Shortening, trans-fat free		¼ cup	3 oz	½ cup	9 Punch dough to remove air bubbles and let rest for 15 minutes.
					10 After 15 minutes, begin shaping dough on a lightly floured surface. For 50 servings, divide dough into 2 pieces, about 3 lb each. For 100 servings, divide dough into 4 pieces, about 3 lb each. Shape each piece into a smooth, 24"-long loaf.
White whole-grain cornmeal		2 Tbsp		¼ cup	11 Place loaf lengthwise in a loaf pan (20¾" x 6⅞") lightly coated with pan-release spray and sprinkled with 1 Tbsp cornmeal. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					12 Place loaf pans in a warm area (about 90 °F) until double in size for 30–50 minutes.
					13 Brush top of each loaf with water. Using scissors or a very sharp knife, cut 5–6 diagonal slits ¼" deep on top of each loaf.
					14 Bake until browned: Conventional oven: 400 °F for 25 minutes. Convection oven: 350 °F for 20 minutes.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					15 Remove from oven.
(Optional) Dried oregano		1 tsp		2 tsp	16 (Optional) Combine spices and oil in a small bowl. Stir well. Spread oil mixture evenly over loaf.
(Optional) Dried basil		1 tsp		2 tsp	
(Optional) Dried parsley		1 tsp		2 tsp	
(Optional) Garlic powder		1 tsp		2 tsp	
(Optional) Olive oil		2 Tbsp		¼ cup	
					17 Allow bread to come to room temperature before cutting.
					18 Portion: Cut each loaf into 25 slices, 7/8" thick.



NUTRITION INFORMATION

For 1 slice.

NUTRIENTS	AMOUNT
Calories	140
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	176 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	7 IU
Calcium	25 mg
Iron	1 mg
Potassium	129 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 5 lb 2 oz About 2 qt 2 ¹ / ₄ cups/2 loaf pans (20 ³ / ₄ " x 6 ⁷ / ₁₆ ")	About 10 lb 4 oz About 1 gal 1 qt 1 ¹ / ₂ cup/4 loaf pans (20 ³ / ₄ " x 6 ⁷ / ₁₆ ")