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FROZEN DOUGH

7” White Sub Bun

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Product Code:
OK330 7” White Sub Bun

“Hoagies” are thought to have originated in Philadelphia during World War I when Italian immigrants working in the Hog Island shipyard started making their own sandwiches using a longer bun. The bun quickly grew in popularity although the name “Hoagie” is now more often replaced with “sub” due to its submarine shape. A natural in delis and restaurants, it’s also a family favorite when it comes to sandwich time. Trans fat free. Sustainably made from wholesome ingredients.

INGREDIENTS LIST

Wheat Flour, Water, Yeast, Canola Oil, Sugar, Salt, Wheat Gluten, Soy Lecithin, Improver (Wheat Flour, Ascorbic Acid, Xylanase, Lipase, Soya Oil, Amylase)

Nutritional Information (Baked)

Nutritional Facts	Amounts Per 1 Bun (65g)	% Daily Value
Calories	240	
Fat	2.5g	3%
Saturated	0g	
+Trans	0g	0%
Carbohydrate	44g	15%
Fibre	2g	8%
Sugars	3g	3%
Protein	9g	
Cholesterol	0mg	
Sodium	460mg	20%
Potassium	100mg	2%
Calcium	10mg	1%
Iron	2.5mg	15%

Handling Instructions

Note: Times and temperatures are a guideline only, specific shop conditions & equipment may vary results.

1

BREAKOUT & THAW

Break product out onto flat baking pans lined with parchment paper. Space 12 buns (3 x 4) diagonally on baking sheet. Remember to keep belt mark of bun down. Cover rack and put in retarder or cooler overnight to thaw.

2

MORNING

Remove rack from retarder, remove plastic cover and put back into proofer or keep plastic cover on if floor proofing product until space is available in proofer/oven. Proof until product is about 2 - 3 times its original size. This should take approximately 60 minutes.

TOPPING: None

3

BAKE TIME

SCORING: After proofing, score with 2 - 3 diagonal slices.
Bake at 390˚F for 15 - 20 minutes. Use steam if available. When bake cycle is complete remove from oven and let product completely cool before packaging.