OKANAGAN
EST. OK 1994
FROZEN DOUGH

12" White Sub Bun

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Product Code:
OK350 12” White Sub Bun

One big bun, endless possibilities. We call this one “the meal maker”! Stuffed end to end with your favorite meats, veggies, cheeses and fixings, our 12-inch white submarine bun makes a hearty meal in itself. (Although it’s a great complement to a bowl of soup or a salad, too!) So soft and chewy, it’s a definite crowd pleaser anytime, anywhere. 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 (150g)	% Daily Value
Calories	540	
Fat	6g	8%
Saturated	1g	
+Trans	0g	5%
Carbohydrate	100g	33%
Fibre	5g	17%
Sugars	7g	7%
Protein	20g	
Cholesterol	0mg	
Sodium	1050mg	46%
Potassium	200mg	4%
Calcium	30mg	2%
Iron	6mg	35%

Handling Instructions

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

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.

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

BAKE TIME

SCORING: After proofing, score with 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.