

Bread Rolls



Ingredients (per pair):	Equipment:
<ul style="list-style-type: none">• 250g strong flour• 2tsp / 7g pack fast action dried yeast• ½ tsp salt• 1 tsp sugar• 150ml warm water• Poppy seeds (optional)	<ul style="list-style-type: none">• Baking tray• Greaseproof paper• Mixing bowl (l)• Mixing bowl (sm)• Weighing scales• Sieve• Dessert spoon• Table knife• Measuring spoons• Measuring jug• Flour dredger• Trivet• Cooling rack

Method:

1. Pre-heat the oven to 50oC.
2. Use red scissors to cut the greaseproof paper so it fits your baking tray. Leave to one side.
3. Weigh the flour in the small bowl. Sieve into the large bowl.
4. Add salt, sugar and yeast. Stir together.
5. Make a well in the middle of the flour mixture and add the warm water.
6. Mix to form a soft dough. You may need to use your hands to form the ball of dough at the final stage.
7. Sprinkle flour onto the work surface.
8. Use the knife to cut the dough into two equal sizes. (One piece for each person.)
9. Knead the dough for 10 minutes.
10. Cut each piece into three and shape into rolls. Put on the lined baking tray.
(Brush with milk and sprinkle with poppy seeds if desired.)
11. Put into the oven. Leave for around 20-30 minutes until they have doubled in size.
12. Clean down your work surface area and do the washing up.
13. Turn up the heat to 200oC and bake for about 20 minutes until golden brown.
14. Remove tray from the oven (using oven gloves) and place on the trivet to cool. When ready, transfer to the cooling rack.