



Bread Rolls





Equipment



Measuring jug



Scales



Baking tray



Mixing bowl



Wooden spoon



Tea towel





Ingredients

200g  +  kneading 

 50g  strong wholemeal flour 

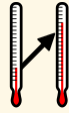
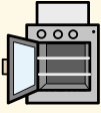
 1/2  teaspoon  salt 

 7g sachet of fast action  dried  yeast 

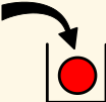
150ml  warm water 



Method

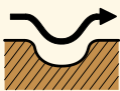
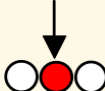
1.  Preheat the  oven to 220°C or  7 gas mark 7.

2.  Line or  grease the  baking tray.

3.  Place the  flours +  salt  into the


mixing bowl.

4.  Stir in the  yeast.

5. Make a  well in the  middle of the  flour


mixture

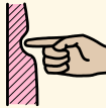
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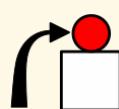
6. Add the warm water.



7. Mix to form a soft dough.



8. Sprinkle flour on to a clean work surface



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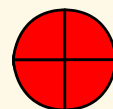
9. Place the dough on the surface.



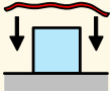
10. Knead the dough for 10 minutes.

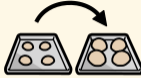


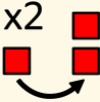
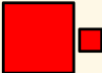
11. Divide the dough into 4 pieces and shape

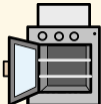


into rolls.

12.  Cover the rolls with a  clean tea towel

13.  Leave to  prove for  30 minutes in a

 warm place until they  double in  size.

14.  Bake for  10-15 minutes until  golden brown.