

Bread Rolls

Ingredients:

250g Strong Plain White or Brown Bread Flour

½ Teaspoon Salt: From School

½ Teaspoon Sugar: From School

50g Butter

7g (1 Sachet) Fast Acting Easy Blend Dried Yeast

150ml Warm Water

Milk and Egg Wash: From School



Please bring a container to take your bread rolls home in.

Optional Ingredients:

50g Cheese

Seaseme Seeds

Poppy Seeds

Dried / Fresh Herbs

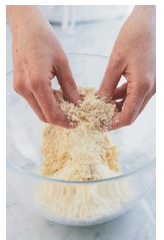
Sundried Tomatoes

Any Other Ingredients of Your Choice



Method: Lesson 1

1. Weigh and measure all ingredients accurately.
2. Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
3. Sieve the flour into a large mixing bowl. Add the salt.
4. Rub the butter into the flour until the mixture resembles breadcrumbs.
5. Add any additional flavourings.
6. Add the fermented yeast mixture to the bowl of flour a little at a time. Mix with a round bladed knife. Gather dough together and turn onto a floured work surface. (Soak the bowl so that it is easier to wash up).
7. Knead the dough with your hands for 10 to 15 minutes to form a soft elastic dough.
8. Place the dough into a food bag and label clearly with your name.



Method: Lesson 2

1. Preheat oven to 220°C / Gas Mark 7.
2. Divide dough into 4 portions and knead for 30 seconds.
3. Shape the dough and place on a baking tray. Cover with greased cling-film and leave to prove in the grill compartment of the cooker for 15 to 20 minutes.
4. Remove the cling-film.
5. Glaze rolls with the milk and egg wash. Add any toppings.
6. Bake for 12 to 20 minutes until golden brown. To test the rolls are fully cooked tap the bottom of the rolls and they should sound hollow.
7. Leave to cool.

