

Bread Rolls

Ingredients

250g Strong plain Flour
 $\frac{1}{2}$ tsp salt
 1 tablespoon vegetable oil
 1 sachet dried yeast or 15g fresh yeast
 125ml warm water



Aim Higher

Add a flavouring to your bread, such as dried herbs.
 Shape your bread rolls into a knot or palmier



Equipment

All equipment is provided by school

**** Remember to bring a container to take it home in ****

Oven temperature : Gas 8 or 230° C

Method:

1. Grease the baking tray and preheat the oven.
2. Sieve the flour into the mixing bowl and add the oil.
3. Add the salt to one side of the bowl. Crumble the fresh yeast or pour the dried yeast to the opposite side of the bowl.
-  Add your chosen flavourings to the bowl.
4. Measure 125ml of hot water into a measuring jug and pour a small amount of water into the bowl.
5. Mix well with a palette knife and add more of the warm water as required. **Be careful- the mix will take most of the water but not all.**
6. The soft dough should then be kneaded for 10 mins. Cut the mix into 8 pieces and roll into bun shapes ( or your chosen shape). Place on the tray and leave in a warm place to double in size.
7. Bake for 10-15 mins- tap them underneath to see if they are cooked- they will sound hollow and be golden brown.
8. Cool on a wire rack.