

Bread Rolls



Ingredients list

- 1 tsp sugar
- ½ x 7g sachet dried yeast
- ½ tbs olive oil
- 250g strong white bread flour
- 1 teaspoon salt
- 150ml cold water

Equipment list

- Glass mixing bowl
- Bread scraper
- Scissors for yeast
- Measuring jug (300ml cold water)
- Baking tray

Method

- Place the flour in a large bowl. Put the sugar and the salt together at one end of the bowl.
- At the opposite end of the bowl place the yeast. Mix the flour well to combine all the ingredients.
- Pour in the oil and stir with a bread scraper.
- **Gradually** add the water (150ml) and stir to make a dough.




Method

- Dust a clean work surface and your hands with flour, then knead the dough, pushing, folding and pulling it with your hands, for about 5 - 7 minutes until it's silky and elastic
- Place your bowl over the bread and leave to prove on your trays on the open door of your top oven – it should increase in size! **(Leave until there is 40mins left of the lesson)**
- Divide the dough into 3 even sections and shape into rolls. Place on a baking tray.



Method

- The bread should increase in size after proving 
- Sprinkle water on the tray around the rolls NOT on the roll itself – this will create steam in the oven and help the bread to rise
- Place in oven for 20 minutes until golden brown (overcooked is better than undercooked) Tap the bottoms to check if cooked (should sound hollow!)

