

NameDate of practical.....



Bread rolls

Ingredients

300g strong plain flour
 $\frac{1}{2}$ tsp salt
15g fresh yeast
150 ml milk
1 tsp sugar

100g extra flour for kneading (please bring separately)

Fillings/toppings (choose from the following)

Sesame or poppy seeds 2 slices of cooked bacon
Chopped onion or garlic
Herbs
Sun dried tomatoes
Grated cheese

REMEMBER TO BRING:

Container to carry the bread rolls home in.

Skills

Weighing
Rubbing in
Kneading
Shaping
Proving
Glazing
Baking

Method

Set oven to 220°C, Gas Mark 7

1. Wash your hands thoroughly in soap and water.
2. Get all the equipment ready that you will need-Mixing bowl, wooden spoon, greased baking tray, sieve.
3. Sieve the flour into the mixing bowl, add the salt and any extra ingredients e.g. herbs, cheese.
4. Add the margarine and rub into the flour using your fingertips.
5. Place fresh yeast, sugar and warm milk into a small bowl. Blend together and add to flour and beat hard.
6. Using a wooden spoon, keep mixing until the dough leaves the sides of the bowl clean (add a little more flour if it is too sticky), put the dough onto a floured surface.
7. Now the hard work! The dough will feel tight and lumpy and you must 'knead' it to make it smooth and stretchy. Push your hands into the dough, gather it back into a ball, turn it slightly and then repeat. Do this for about 5 minutes until the dough feels smooth and springs back when pushed.
8. Shape the dough into roll shapes and place them on a greased baking tray.
9. Put the tray in a warm place so that the yeast can work and make the dough rise (prove). When the rolls have about doubled in size, glaze with milk and sprinkle on any toppings. Place the tray in the centre of the oven.
10. Bake the rolls for 12-15 minutes. They should be golden brown and sound hollow when tapped underneath.
11. Put the rolls on a wire rack to cool.
12. Wash, tidy and put all equipment away.

