

Date of practical.....



Mediterranean 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)

1tbsp oil
1 can of tomatoes
1 onion
1 tsp dried mixed herbs
100g cheese

Skills

Weighing
Rubbing in
Kneading
Shaping
Proving
Glazing
Baking

REMEMBER TO BRING:

Container to carry the bread rolls home in.

Method

Set oven to 220°C, Gas Mark 7

1. Wash your hands thoroughly.
2. Get all the equipment ready that you will need-Mixing bowl, wooden spoon, greased baking tray, sieve.
3. Prepare ingredients for filling:- dice onion. Pour tinned tomatoes into a sieve and drain excess liquid then place into jug. Add mixed herbs to tomatoes. Grate cheese.
4. Sieve the flour into the mixing bowl, add the salt and any extra ingredients e.g. herbs, cheese.
5. Add the margarine and rub into the flour using your fingertips.
6. Place fresh yeast, sugar and warm milk into a small bowl. Blend together and add to flour and beat hard.
7. 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.
8. 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.
9. Roll the dough into a rectangle. Sprinkle with the fillings chosen. Start at one end and roll the dough into a spiral. Slice into pieces about 3mm thick with a sharp knife. Place onto a baking tray. Leave 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 place the tray in the centre of the oven.
10. Bake the rolls for 12-15 minutes. They should be golden brown when cooked.
11. Put the rolls on a wire rack to cool.
12. Wash, tidy and put all equipment away.