

Bread Rolls

Ingredients

- 250g white bread flour (strong plain flour)
- 1 whole teaspoon of fast action yeast
- ½ a teaspoon of salt
- 1 tablespoon of sugar
- 130ml warm water (½ boiled, ½ cold)

Equipment

- Kettle
- Measuring jug
- Weighing scales
- Measuring spoons
- Mixing bowl
- Table knife
- Baking parchment
- Baking tray
- Tea-towel
- Wire cooling rack

Method

- Pre-heat the oven to 220c / gas mark 7
- Boil the kettle
- Weigh the flour in a mixing bowl
- Sprinkle in the salt and mix with a table knife
- Make a well in the middle of the flour
- Measure the warm water (using half boiled and half cold water)
- Put the sugar and dried yeast in the well
- Pour the water in the well
- Stir gently with the table knife to combine all the ingredients
- Using your hands, bring the dough together to form a ball
- Knead for at least 5 minutes
- Tear the dough in half, then half again, to get 4 equally sized portions
- Roll each into shape and place on a lined baking tray
- Cover with a tea-towel and leave to prove in a warm place for 20 minutes
- Remove the tea-towel and bake for 12 minutes (until hollow sounding when tapped on bottom)
- Using an oven glove, remove from the oven, take off the baking tray and leave to cool on a wire rack

Note

Before cooking, you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require

