



Basic Bread – Rolls

Season: All

Makes: 2 loaves or 30 rolls

Fresh from the garden: rosemary

Equipment:

metric measuring scales, large jug and spoons
mixing bowls – 1 small, 1 large
wooden spoon
pastry brush
clean tea towel
spoon
oven mitts
baking tray and baking paper

Ingredients:

600 ml warm water
2 tbsp honey (can substitute with molasses)
800 g plain flour
200 g whole-wheat flour
2 tsp salt
14 g instant dry yeast
vegetable oil, for oiling bowl
sea salt
sesame seeds or other mixed seeds
100 ml milk

What to do:

1. Combine the water and honey in the small bowl and stir to dissolve the honey.
2. Tip the flour into the large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.
3. Pour the water and honey mixture into the well.
4. Stir to mix the flour and water to a heavy dough.
5. Sprinkle a little flour over the bench, your hands and the dough.
6. Tip out the dough and use your hands to squash it all together into one lump.
7. Knead the dough for 5 minutes, adding extra flour if it feels sticky. Place dough into an oiled bowl, cover it with a tea towel and leave it for at least 30 minutes in a warm spot (not too hot), to double in size.
8. Preheat the oven to 200°C.
9. Punch the dough down once to release the air, then knead for 30 seconds.
10. Divide dough into 30 pieces. Shape each piece into a ball or knot, brush with milk and decorate with rosemary and sea salt or mixed seeds. Place it on a lined baking tray. Leave the shaped dough in a warm place again for 20 minutes. You should see that it has risen.
11. Put the tray in the oven and bake for 20–25 minutes.
12. ***Wearing oven mitts on both hands, carefully take the tray out of the oven.**
13. Wait at least 10 minutes before serving warm.

*Adult supervision required

