

Dinner Rolls

Ingredients

- 300g strong white flour
- ½ x 5ml spoon salt
- 15g margarine
- 1 sachet quick acting yeast (7g)
- 200ml warm water
- Milk for glazing
- A few spoon poppy / sesame seeds, optional

Equipment

Baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring jug, flour dredger, palette knife and cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 8 and the grill oven to 50 c
2. Sift the flour and salt into the mixing bowl.
3. Rub in the margarine.
4. Stir in the yeast.
5. Make a well in the centre of the flour and add warm water.
6. Work into a soft dough with your hand.
7. Turn onto a lightly floured surface and knead for 5 mins until smooth.
8. Place the dough in the bowl. Cover with cling film and prove in the grill oven until doubled in size.
9. Turn dough onto a lightly floured surface and knead. Divide the dough into 2 equal pieces for each of you
10. Each of you, make 4 oval shapes and place on the baking tray.
11. Brush bread rolls with a little milk and sprinkle with poppy or sesame seeds, if desired.
12. Bake for 10 minutes, until the rolls sound hollow when tapped on the base. Place on the cooling rack.

Top Tips

Vary the toppings on the rolls, but be aware of allergies students may have. You can add herbs to the bread dough.

Skills

Using the oven	Kneading	Rubbing in	Proving	Dividing
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