

Quick Bread Rolls



⌚ Prep: 30 minutes

⌚ Cook: 20 minutes



Makes: 8 rolls

Recipe info

Ingredients

Oil for greasing
250g strong flour (half white and half wholemeal makes a good mix)
½ tsp salt
7g packet fast action dried yeast
150ml lukewarm water
1 tbsp of oil
Milk for glazing

Equipment

Baking tray
Pastry brush
Weighing scales
Mixing bowl
Measuring jug
Measuring spoons
Palette knife
Cling film
Oven gloves
Cooling rack



Description

A very easy and quick recipe to make bread, particularly if it is made into rolls.

Method / What to do

1. Preheat oven to 200°C / gas mark 6.
2. Grease the baking tray.
3. Pour the flour in the mixing bowl and mix in the salt.
4. Stir in the yeast.
5. Measure out the warm water and add the oil.
6. Add the water to mix into a soft dough.
7. The bread should be soft and pliable but not sticky. Add extra flour if it is too wet, or more fluids if too dry.
8. Knead the dough on a lightly floured table for 10 minutes - take care not to over knead the dough as it will become tough and hard.
9. Cut the dough into 8 equal pieces. Shape each of them into a roll and place on the greased baking tray.
10. Cover them lightly with cling film and leave to prove for 15 minutes in a warm place or until they double in size.
11. Brush the top of each roll with milk.
12. Bake for 15 – 20 minutes until golden brown. To check if the bread is baked, tap it underneath and it will sound hollow when done.
13. If the bread rolls are very different in size it will cause the smaller rolls to cook earlier and become dry while the larger rolls are not baked.
14. Remove from the oven and leave to cool for 5 minutes on the cooling rack.

Teaching point

- ⊙ To bake a loaf, let the dough prove in the bread tin or shape it and place on an oiled baking tray. Prove as above and bake in a preheated oven for 25 – 35 minutes. Check if the bread is done by tapping the bread underneath.

Variations - Bread Rolls

- ⊙ Try different flavours. For a herb and onion loaf, add one small finely chopped onion and 1 tsp of mixed herbs to the dough when mixing. For a cheese bread, add 25g of grated cheese. For a sweet loaf, mix in ½ tsp of mixed spice or cinnamon and 150g mixed dried fruit such as vine fruits, mixed peel, chopped dates or apricots. The amount of liquid might have to be adjusted to take into account the additions, therefore add the fluids slowly.
- ⊙ Decorate your bread with sesame seeds, poppy seeds, grated cheese or diced onion. To make them stick to the top brush on a little milk before sprinkling on the seeds. This can be done after kneading or just before putting the dough into the oven.
- ⊙ Try different flours: The addition of 100g rye flour or a 50g oats makes a nice change without making the bread too heavy. 100% wholemeal bread tends to be heavier and more unpredictable.