



# Basic Bread/Bread Rolls

## **INGREDIENTS**

500g strong bread flour  
1 teaspoon salt  
1 teaspoon sugar  
1 sachet fast action yeast  
300mls warm water  
2 tablespoons vegetable oil

**Optional: milk and seeds**

## **EQUIPMENT**

Large mixing bowl  
Measuring jug  
Wooden spoon  
Flour dredger  
Baking tray

**Optional: pastry brush to glaze**

## METHOD

1. Place the flour, salt, sugar and yeast into a large mixing bowl. Stir thoroughly with a wooden spoon.
2. Make a well in the dry ingredients; pour the oil and then the warm water into it. Mix very carefully at first, then very firmly to ensure all the flour is absorbed into the dough.
3. Turn out the dough ball onto a floured surface and knead (using the heel of your hand) for 10 minutes.
4. Ideally, leave the dough in a warm place to prove for an hour.
5. Shape into rolls or small loaves, such as cottage loaves, plaits or hedgehogs and place onto a baking tray.
6. **OPTIONAL: glaze with milk and scatter seeds over the rolls/loaves.**
7. Bake in a hot oven (220 degrees) for approximately 20 minutes or until dark golden brown. They should sound hollow when tapped. Leave to cool.