



Learning Objective

To make a batch of light bread rolls demonstrating the skill of kneading
Skills – weighing, kneading, shaping

Quick bread dough - bread rolls

This recipe makes enough dough for:

- 6 rolls
- a small (200g) tin loaf
- 2 foccacia
- 1 large pizza base or 2 smaller ones, or 3 calzones.

Ingredients

225g strong white plain flour
2.5g (1/2 level teaspoon) salt
1 tablespoon of dried yeast
150ml warm water
30ml (2 tablespoons) olive oil

Extra flour for dredging and kneading

Utensils

mixing bowl
measuring jug
teaspoon
wooden spoon
flour dredger
200g loaf tin or baking tray



Method

1. Heat the oven to 230C/450F/Gas 8.
2. Grease and flour the baking tin.
3. Mix the flour, salt and yeast in a mixing bowl. Make a well in the centre.
4. Gradually add the water and olive oil and use one hand to gather the dough together.



5. Knead on a lightly floured surface for approximately 10 minutes until the dough is smooth and springy.



6. Shape and use as required.



7. Leave to prove until doubled in size



8. Bake for 10 minutes or until browned.

