

Bread Rolls Recipe



Ingredients

To make 6 small rolls:
250g strong white bread flour
½ teaspoon salt
1 teaspoon sugar
7g packet fast action dried yeast
150ml warm water
1 tablespoon olive or vegetable oil



Method

- 1: Ask an adult to preheat the oven to gas mark 7, 220°C.
- 2: Grease a baking tray using butter or margarine.
- 3: Sift the flour and salt into a mixing bowl, before stirring in the yeast and sugar.
- 4: Make a hollow in the middle of the flour and carefully add the warm water and oil, before mixing it together to make a soft dough.
- 5: Dust flour onto a clean work surface then tip the dough out.
- 6: Knead the dough for 8 to 10 minutes by pushing down into the middle to flatten it out, then folding it in half and pushing down into the centre again.
- 7: At this point add any extra ingredients to the dough and knead for 5 minutes.
- 8: Divide the dough into six pieces and shape them with your hands before placing them, with spaces between, on a baking tray.
- 9: Cover the rolls with cling film and leave to prove in a warm place for 30 minutes until they double in size.
- 10: Lightly brush the rolls with milk, oil, butter or water and egg white.
- 11: Ask an adult to put the rolls in the oven and bake for 12 to 15 minutes until they're golden brown.
- 12: Allow to cool slightly on a wire rack.

