

Bread Rolls

INGREDIENTS (makes 8)

- 200g strong plain flour
- 1 teaspoon easy-bake (microfine) yeast
- 1 teaspoon vegetable oil
- 200ml warm water

Optional extras:

- 25g low fat mature cheddar cheese – grated
- 2-3 sundried tomatoes – sliced thinly
- ½ onion – chopped finely
- ½ teaspoon mixed herbs



EQUIPMENT

- mixing bowl, weighing scales, dessertspoon, teaspoon, grater, measuring jug, wooden spoon, flour dredger, table knife, baking tray

METHOD

1. Put the flour, yeast and any optional ingredients in the mixing bowl and stir to combine. Add the oil and water and mix together to form a soft dough.
2. On a lightly floured surface, knead the dough until it develops a soft, elastic and smooth texture. Heat the oven to 200°C/Gas 6.
3. Divide the dough into 8 pieces. With your hands roll each piece into a ball and place onto a floured baking tray and leave to rise in a warm place for about 30 minutes until they have doubled in size.
4. Bake the rolls for 10-15 minutes until golden brown and sounding hollow when tapped underneath.

ALLERGY AWARENESS!

This recipe contains: cereal containing gluten, milk

