



## Basic Bread – Rolls

**Season:** All

**Makes:** 2 loaves or 30 rolls

### Equipment:

measuring scales, spoons and large jug  
2 large mixing bowls  
wooden spoon  
pastry brush  
tea towel  
spoon  
oven mitts  
baking tray and baking paper

### Ingredients:

600 ml warm water  
2 tbsp honey (can substitute  
with molasses)  
800 g plain flour  
200 g whole-wheat flour  
2 tsp salt  
14 g instant dry yeast  
vegetable oil, for oiling bowl and tin

### What to do:

1. Combine the water and honey, and stir to dissolve the honey.
2. Tip the flour into a large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.
3. Pour the water and honey mixture into the well.
4. Stir to mix the flour and water to a heavy dough.
5. Sprinkle a little flour over the bench, your hands and the dough.
6. Tip out the dough and use your hands to squash it all together into one lump.
7. Knead the dough for 5 minutes, sprinkling it with flour if it feels sticky. Cover it with a tea towel and leave it for at least 30 minutes in a warm spot (not too hot), to double in size.
8. Preheat the oven to 200°C.
9. Punch the dough down once to release the air, then knead for 30 seconds.
10. Divide dough into 30 pieces (or two loaves). Shape each piece into a ball or knot and place it on a lined baking tray. Leave the shaped dough in a warm place again for 20 minutes. You should see that it has risen.
11. Put the tray in the oven and bake for 20–25 minutes.
12. **\*Wearing oven mitts on both hands, carefully take the tray out of the oven.**
13. Wait at least 10 minutes before slicing and serving warm.

\*Adult supervision required

