

# Bread Rolls

## Requisition of Equipment

2 blue trays, safety mat, digital scales, timer, measuring jug, large mixing bowl, measuring spoon, measuring jug, fork, pastry brush, flour dredger, baking tray, palette knife, cooling tray, vegetable knife



## Method

Time	Steps
<b>Step 1</b> 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. Set oven to 220°C. Line baking tray with paper. RE SET TIMER
<b>Step 2</b> 10 min	Mix flour, salt, sugar and yeast in a large bowl. Gradually mix in water until a dough is formed. RE SET TIMER.
<b>Step 3</b> 30 min	Knead dough well until smooth. Place in a bowl, cover and leave to prove for 30 minutes in a warm place. Wash up and pack away. RE SET TIMER.
<b>Step 4</b> 20 min	Knock back dough and knead for a further couple of minutes. Divide dough into equal pieces, shape and place on a baking tray. Leave to prove for a further 15 minutes. RE SET TIMER.
<b>Step 5</b> 20 min	Brush rolls with egg wash and bake in a hot oven for 10-15 minutes until well-risen and golden brown. Cool bread rolls on a wire cooling tray. When cool, place bread rolls into your container. Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying cloths for the next class.

## Ingredients

350g strong white flour  
½ teaspoon salt (school)  
212ml tepid water (school)  
¼ teaspoon sugar (school)  
½ sachet dried yeast (school)  
1 Egg



**CONTAINER**

It's believed that the first roll was created in the south east of England in 1581. Bakers in different towns and cities used to name their bread rolls according to how they made the dough, the size of the rolls and how they baked them.

Baker's dozen means 13, instead of 12. The tale behind its origin is that a mediaeval law specified the weight of bread loaves, and any baker who supplied less to a customer was in for dire punishment. So bakers would include a thirteenth loaf with each dozen just to be safe.

Our Values:  
KINDNESS, HONESTY, RESPECT