

Bread Rolls

Method

1. Pre-heat oven to 220°C
2. **Line** a baking tray with baking paper
3. Roughly divide the sachet of yeast into two piles (share half with another student)
Use a white chopping board
Cut sachet open with kitchen scissors
4. **Mix** the flour, salt, sugar and yeast in a large bowl
Use a small bowl to weigh out ingredients
5. Gradually **mix** in the water until a dough is formed
! Water should be warm, about 40°C, no higher
! You may not need all the water
Start mixing with a round bladed knife, then use one hand
If the dough is very sticky, you can add a little more flour
6. **Knead** the dough on your worktop until smooth and elastic
Use flour dredger if dough is too sticky
7. **Portion** the dough into equal pieces, e.g. four **[C]**
Creating a large roll is an easy way to divide into equal portions
8. **Shape** each piece and place onto the baking tray **[D]**
9. Using a fork, **beat** the egg in a measuring jug
! Wash hands after touching raw eggs
10. Brush rolls with egg wash
! Wash hands after touching raw eggs
11. **Bake** for 10-15 minutes until well-risen and golden-brown **[E]**
Rolls should sound hollow when tapped underneath
12. Cool bread rolls on a wire cooling tray

If making this recipe at home:

- 6.1 Place the dough back into the bowl, cover and leave to **prove** for 30 minutes in a warm place **[A]**
- 6.2 **Knock back** the dough and briefly **knead** again **[B]**
Knocking back releases any trapped carbon dioxide

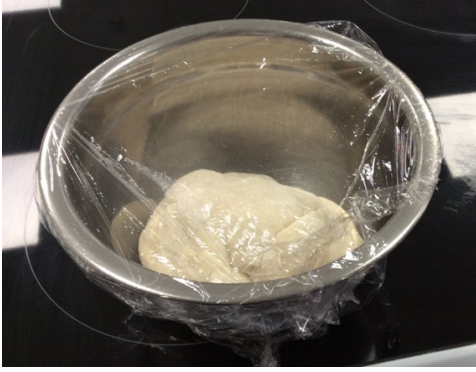
Ingredients

- 350g strong white flour
- 1 egg
- 0.5 tsp salt (school)
- 210ml tepid water (school)
- 0.25 teaspoon sugar (school)
- 0.5 sachet dried yeast (school)
- Container

Equipment

- Blue tray
- Safety mat
- Digital scales
- Digital timer
- Measuring spoons
- Fork
- Pastry brush
- Dough scraper
- Flour dredger
- Palette knife
- Vegetable knife
- Kitchen scissors
- Round bladed knife
- Baking paper
- Measuring jug
- Baking tray
- Large mixing bowl
- Cooling rack

Key Moments



[A] Despite being switched off, the top oven is an ideal warm place for proving (keep door open, and use oven gloves)



[B] Knocking back the risen dough



[C] Shape into a roll, then divide into the required portions



[E] Golden-brown cooked bread rolls



[D] Ideas for shaping, ready for the egg wash. Each idea should use the same amount of dough