



Basic Bread - Rolls

MAKES: 2 Loaves or 30 rolls

INGREDIENTS:

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



METHOD:

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 oven to 200°C
9. Punch the dough down once to release the air, then knead it 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