

# How to Make Bread Rolls

Make bread rolls for packed lunches, to serve with soup or for home-made burgers



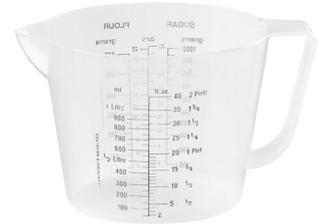
# Tools you need



Weighing scales



Mixing bowl



Measuring jug



Tablespoon



Teaspoon



Wooden spoon



Plastic scraper  
(optional)



Baking tray



Cling film or  
Tea towel



Oven



Oven gloves

# Ingredients you need



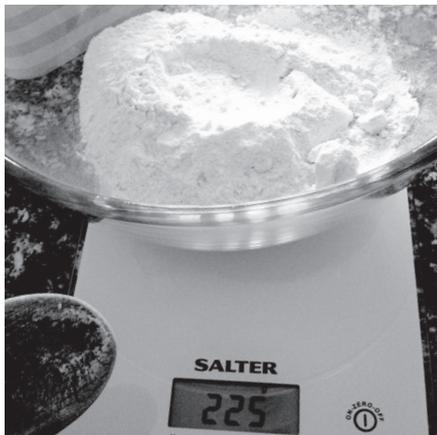
1 tablespoon  
**olive oil**



1 teaspoon fast  
action **yeast**



Half teaspoon **salt**



225g bread **flour**



150ml warm **water**

# Making the dough

1



Clean your work top or table.

2



Wash your hands and put on an apron if you have one.

3



Put the flour, yeast, salt and oil in the mixing bowl.

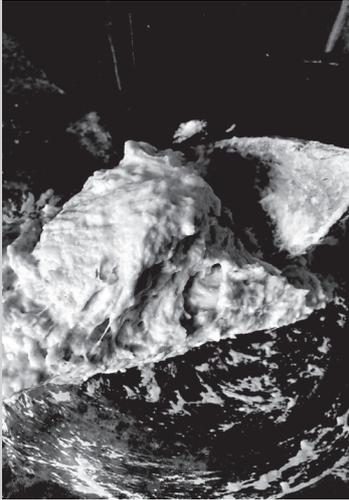
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Pour the water into the mixing bowl and mix with a wooden spoon.

# Making the dough

5

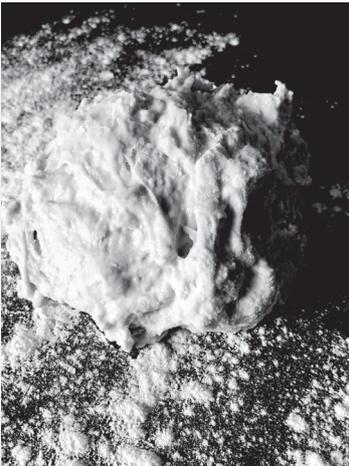


After mixing, the dough should stay together, be soft and a little bit sticky.

If it is too dry add a little bit more water and mix.

If it is too wet add a little bit more flour and mix.

6

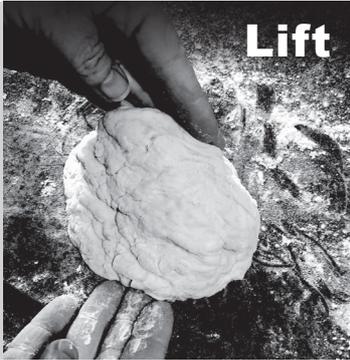


Sprinkle flour on your work top or table and put the ball of dough on it.

# Kneading

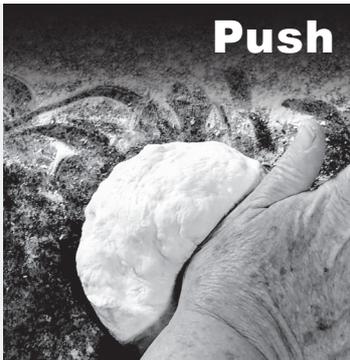
Kneading is when you push, stretch and fold the dough with your hands. Kneading bread dough makes it strong and stretchy.

7



**Lift** the dough with your fingertips.

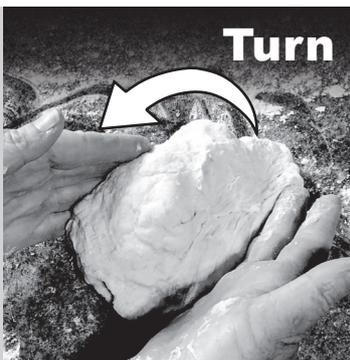
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**Push** it away from you with the heel of your hand.

The heel of your hand is the bottom of your hand where it joins your wrist.

9



**Turn** the dough a quarter turn.

10

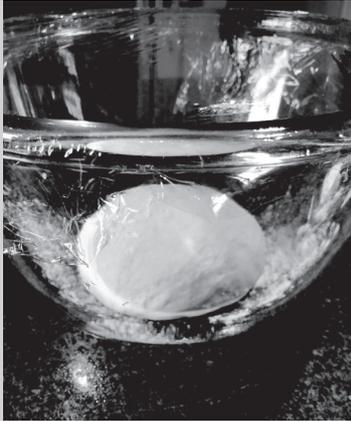


Keep kneading for 5 minutes. You could put on music and knead to the beat.

The dough is ready when it is smooth and rises back up when you press it.

# Rising

11



Clean and dry the mixing bowl.

Sprinkle some flour in the mixing bowl.

Put the dough in the mixing bowl and cover it with cling film or a damp clean tea towel.

12



Leave in a warm place for 30 minutes and the dough will start to rise.

This is called **proving**.

When dough proves it gets bigger and you will see bubbles.

13



**Knock back**

This means press the air out of the dough.

# Rising

14



## Portion

Split the dough into 4 pieces the same size.

15



## Shape

Use your hands to make the 4 pieces into flat round shapes.

# Proving

This is the last time you let the dough rise.

16



Sprinkle flour on your baking tray.

17



Put the 4 pieces on the baking tray.

Make sure they are spread out.

18



Cover with cling film or a damp tea towel and leave in a warm place for 40 minutes to 1 hour, until they have doubled in size.

# Bake

19

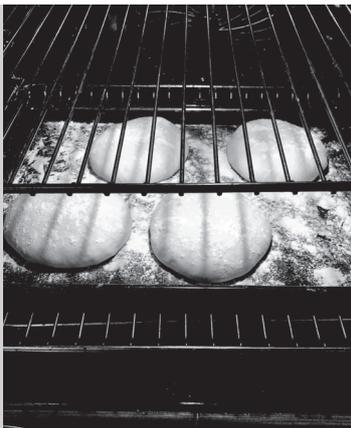


Turn the oven on 5 minutes before you put the bread rolls in to cook.

Gas oven - Gas mark 7

Electric oven - 220°C

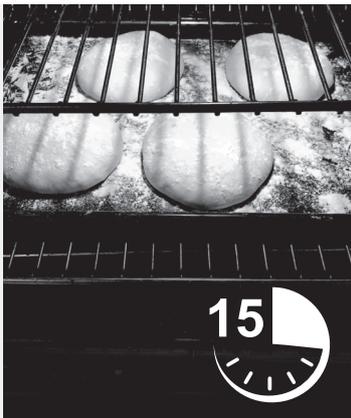
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Take the cling film or towel off.

Put the baking tray on the middle shelf of the oven.

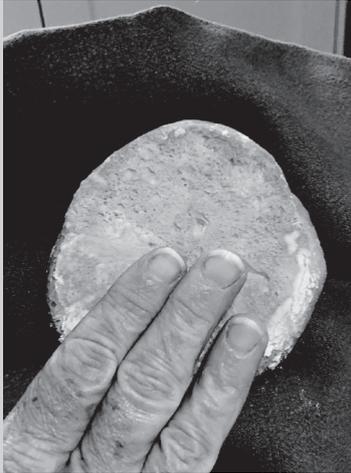
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Bake in the oven for 15 to 20 minutes.

# Check if they are done

22



Use your oven glove or tea towel to lift a roll off the tray.

Tap it on the bottom – it should sound hollow.

Hollow means that it sounds empty inside.

