

How to Make Bread Rolls

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



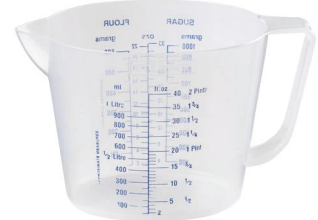
Tools you need



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



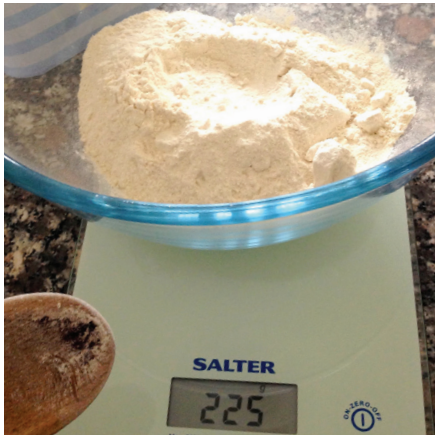
1 tablespoon
olive oil



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.

4



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.

8



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

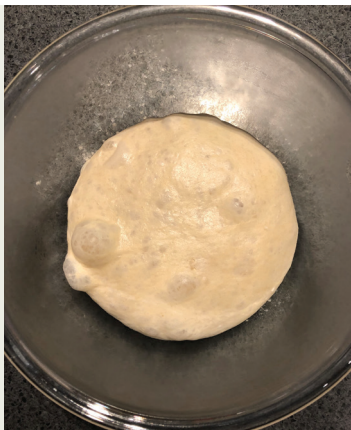


Clean and dry the mixing bowl.

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.

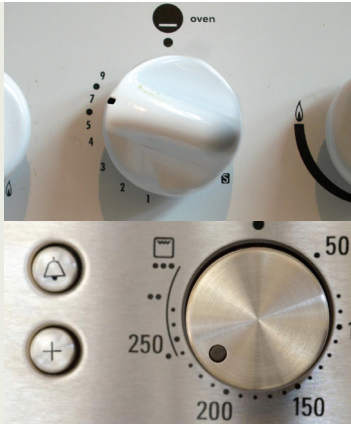
18



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

20



Take the cling film or towel off.

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

21



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.

