

YEAR 6 AUTUMN TERM BREAD MILK ROLLS

Equipment

Weighing scales
Mixing bowl
Teaspoon
Measuring jug
Tablespoon
Wooden spoon
Baking tray
Pastry brush

Ingredients

500g strong white plain bread flour
1 teaspoon salt
2 sachets active yeast
300ml warm milk
2 tbsp sunflower oil
extra oil, flour and milk

Method

1. Lightly oil and flour a baking tray.
2. Place the flour and yeast into the mixing bowl and stir gently with the wooden spoon. Make a well in the centre of the flour.
3. Slowly pour the warm milk and oil in to the bowl and mix with the wooden spoon until a dough is formed. If the dough is too wet add some more flour, or too dry add some water.
4. Flour the work surface and your hands LIGHTLY. Tip the dough onto the floured surface and divide between your group (3 or 4 pieces).
5. Knead the dough for 5 mins until it is smooth and elastic.
6. Heat the oven to 220°C/Gas mark 7.
7. Divide the kneaded dough into about 12-16 roll-size pieces. Shape as liked and then carefully place them on the prepared baking tray.
8. Cover with a CLEAN TEATOWEL and leave to rise in a warm place for 20-30 mins until doubled in size.
9. Brush the rolls with milk and then place in the oven. Bake for 15 mins until golden brown and hollow on the base when tapped.
10. Place on a cooling rack.