



WHOLEMEAL BREAD ROLLS

EQUIPMENT	INGREDIENTS
• large bowl	300 ml warm water
• measuring cup	1 tablespoon honey
• glass jug	2 ½ cups plain flour
• wooden spoon	1 cup wholemeal plain flour
• measuring spoons	1 teaspoon salt
	1 heaped teaspoon yeast

METHOD

1. Combine water and honey in glass jug and stir to dissolve.
2. Place all dry ingredients into a large bowl. Stir twice with a wooden spoon.
3. Make a well in the flour, pour the liquid mixture into the well.
4. Stir with your hands to mix the flour and water into a heavy dough. Add extra flour or water as required.
5. Tip dough onto floured surface and knead for 5 minutes.
6. Place dough into oiled bowl, cover and rest in a warm area for 30 minutes.
7. When the dough has doubled in size, tip the dough onto a floured surface and knead for 30 seconds.
8. Divide the dough into 15 equal pieces, shape each roll into knot or roll and place onto lined baking tray. Brush with milk and sprinkle with salt and rosemary.
9. Bake in preheated oven at 200 degrees for 20-25 minutes and let cool before serving