

Kitchen Garden at Collingwood College Term 2: 2018

Name of Recipe:

Pumpkin, Herbs & Mixed Seed Bread Rolls

Volunteer Notes: There will be bread dough ready for you that has been proved once. You will form it and place into the pots, prove, and then bake. You will then make the next batch of dough.

Oven on 220 o.c. Allow 1 hr 1st rise. 20 mins 2nd rise

Baking approximately 15 minutes.

What to collect	What to do
400ogm pumpkin	Steam peeled pumpkin pieces until soft, cool & mash. (This will be done for you> you do for the next class)
Kenwood with dough hook 800gm unbleached strong flour 200gm wholemeal strong flour> (or more wholemeal & less white) 2 x tblsp instant yeast 1x tblsp salt 2 x tblsp XV olive oil Cooked, mashed & cooled pumpkin 2 tblsp Chopped Rosemary/Oregano/ Thyme <u>300 ml lukewarm water-you can add more if needed</u> 2x tblsp bran (optional)	Add all ingredients to the bowl and Knead with the dough hook on lowest speed for 10-15 mins. If the dough is a bit wet, add a bit more flour.
Large bowl	Place in lightly oiled bowl, cover with tea towel, leave to double in size.

Pastry brushes
Olive oil
15 flower pots-oiled & floured

Pumpkin & sunflower seeds

- **Brush Olive oil around the pots, tip flour in them, shaking out any excess flour.**

**Knock back the dough, divide into 4 (each student is to have a piece).
Each student to divide dough into ping-pong ball sizes, knead into a ball shape & gently place into the pots for the 2nd rise.**

Paint the top of each one with a bit of oil then scatter with mixed seeds, transfer to the oven and bake 15 mins. Tip out bread gently and put onto tray to release the steam, return to the oven & bake 5 mins or until there is a hollow sound when tapped on the bread.

Cool on wire rack. Using a bread knife slice each roll into 1/2 to serve.

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