



ROLLS

Ingredients to make a dozen (or 6) rolls

390g (195g) warm water

10g (6g) fresh yeast or 5g (4g) dried yeast

10g (6g) brown sugar

300g (150g) strong white flour

300g (150g) wholemeal, spelt or malted flour

100g (50) seeds if you like them - sunflower, sesame, linseed, pumpkin, fennel

Vary the proportions of flour to your taste, try a small amount of rye etc.

10g (5g) salt

30g (15g) butter at room temperature or 25g (12g) olive oil if you prefer no dairy.

White flour, poppy seeds, oatmeal, bran or kibbles for dusting.

Method

Add the yeast and sugar to the warm water in a bowl and stir in until dissolved.

Mix the wholemeal flour, strong white flour and salt in a large bowl.

Add the butter in small pieces then rub through the flour until it is finely distributed.

Mix the liquid into the flour to produce a sticky dough.

Knead the dough for roughly 10 minutes until it is smooth and springy.

Put the dough in a lightly oiled bowl covered with a cloth in a warm place for an hour.

Knock it back, i.e. gently punch all the gas out of it, then rest it for 10 minutes.

Cut the dough into pieces approx 90 - 100g each.

Roll each piece into a ball under the palm of your hand then drop it in a small bowl of flour, oatmeal or kibbles to coat it. Place about 2cms apart on a flour dusted baking tray so that the rolls will touch as they expand. Flatten each roll with a rolling pin so that it doesn't end up as a big dome and makes room for that fried egg.

Put the rolls in a warm place to prove for around 45 minutes. Turn on the oven in plenty time for it to heat up to 230°C

Bake at 230°C for 5 minutes then turn down to 210°C for a further 10 minutes.

Cool on a wire rack covered with a cloth.

To serve at breakfast, prove the rolls covered lightly with film in the fridge overnight. In the morning put them in a warm place for 20 minutes while the oven warms up then bake as above.