



MALT & RYE ROLLS

Ingredients to make 6 rolls

150g strong white flour

150g malted flour (replace 50g with 50g rye flour for a richer taste - stickier dough)

5g salt

4g dried yeast

195g warm water

12g olive oil

White flour, sesame seeds or sunflower seeds for dusting.

Method

Mix the flours, dried yeast and salt in a large bowl.

Mix the water into the flour until all the dry flour is incorporated then add the olive oil.

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

Put the dough in a lightly moistened bowl, covered 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 80 - 90g each.

Roll each piece into a ball under the palm of your hand then dab the pretty side in a small bowl of seeds to coat it. Place about 2cms apart on a flour dusted baking tray.

They will expand so make sure they have plenty of space. Flatten each roll with a rolling pin or your hands so that it doesn't end up as a big dome.

Put the rolls in a warm place to prove for around 35 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 in the fridge overnight (slide the tray of rolls into a supermarket plastic bag to stop them forming a skin. In the morning put them in a warm place for 20 minutes while the oven warms up then bake as above.

Other options

Replace all the flour with 300g of Mathews Cotswold Crunch flour (delicious) or make up your own version of this flour by adding 40g of malted wheat flakes and 60g rye flour to 300g of malt flour.

Instead of "normal" malt flour try using smoked malt flour from Bacheldre Mill in Powys, available via the Internet.

Try for a maltier taste by adding 40g malt extract dissolved in 80g of the water along with the yeast. Hold back 10g of the water from the original recipe above till you see the consistency of the dough.

Try kneading in 40 to 50g of crushed walnuts into the dough once you have finished the main kneading.