

Bread Dough

Rowville Primary School
Kitchen Garden Recipe

Ingredients

500g flour.
2 teaspoons salt,
1 cup warm water,
2 tablespoons olive oil,
2 teaspoons honey,
4 teaspoons yeast.

Equipment

Scales,
Medium metal bowl,
small metal bowl,
measuring spoons,
whisk,
wooden spoon,
measuring jug.



Method

Measure flour and add salt.

In a small bowl place water, honey, oil and yeast. Whisk together.

Add liquid to dry ingredients. Stir with a wooden spoon until it comes together, then use hands to knead until smooth, about 10 minutes.

Place in clean bowl and cover, leave in a warm spot to double in size, about 1 hour.

To Do Bread Rolls

Take out onto bench, divide into 16 equal pieces. Shape your rolls.

Place on an oiled tray, let rest 10 minutes, place in an oven 200 degrees c.

Bake for 12 minutes, or until golden.