

## Anita's Dough Balls

### Ingredients

250g Fate Low Protein All-Purpose Mix

1½ teaspoons of yeast (½ of the enclosed pack)

¾ teaspoon salt

30ml olive oil

300g warm water

Few drops gravy browning (optional)

Preheat the oven to Gas Mark 7/220°C/425°F



### Method

1. Place the Fate All-Purpose Mix into a mixing bowl or large jug. Stir in the salt and yeast.
2. Measure the oil in a baby's bottle and pour it into a separate jug, then measure the water and place it on top of the oil in the jug. Add a couple of drops of gravy browning (optional).
3. Pour the water and oil mixture all in one go onto the dry ingredients. Immediately start mixing with an electric hand mixer or a wire whisk. Mix gently for about 1 minute until a smooth and silky batter is made. If using a jug, it will measure around the 600ml mark. Cover the bowl or jug with cling film and leave in a warm place to prove until double in size - It will then measure around 1200ml.
4. Using a dessertspoon, gently scoop a rounded spoonful of the mixture and place it onto a greased baking tray. You might need to use another spoon or your finger to push the mixture off the spoon onto the tray. Also try to do this in a smooth action so that the balls of dough are formed as neatly as possible as they are placed onto the tray.
5. The mixture will be quite airy and full of bubbles. Try not to disturb this. Take scoops of the mixture from the top of the jug or bowl, and work your way down.
6. Leave room between the balls so that they can rise a little without sticking together. Immediately place them into a preheated oven, for 10-12 minutes, until risen and golden brown.
7. Serve warm with garlic butter for dipping. The dough balls freeze well; just place them into a freezer bag. To serve them, defrost and warm through under a grill or in the oven for just a few minutes.