

Bread Rolls

Ingredients

500g box low protein mix

Sachet of yeast (enclosed with mix)

1 teaspoon salt

80ml oil

375ml hot water

Oven temperature: 230°C/450°F/Gas Mark 8

Method

1. Put the low protein mix, yeast and salt in a mixing bowl and stir well. Make a well in the centre of the mixture and add the oil. Add a little of the hot water on top of the oil and stir gently using a metal spoon. Gradually add the rest of the water, a little at a time, stirring well after each addition.
2. Mix well until it forms a smooth batter than beat with a mixer for about 1 minute. Leave the mixture in the bowl for about 5 minutes, after which it will thicken slightly and be more like a light dough.
3. Grease a large baking tray with a little oil. Put about a tablespoon of low protein mix onto your work surface and use this to dip both hands into. Rub hands together and shake off excess.
4. Handle the dough very lightly. Taking a large tablespoon of dough, just pass from one hand to the other so that the surface is smooth and a normal ball shape is made. You do not need to press or knead the dough at all.
5. Place on a greased baking tray and continue with the remainder of the dough.
6. When all dough is shaped, place the tray in a polythene bag. Tie the end of the bag up, trapping enough air inside so that the bag is lifted well above the rolls. Leave in a warm place until the rolls have approx. doubled in size (about 10 minutes).
7. Brush with oil and place immediately in a hot oven for 15 minutes, until brown and crisp. Leave on a wire rack to cool and place in a polythene bag to store once cooled.