

## FATE SCOOP ROLLS

### Ingredients

500g Fate Low Protein All-Purpose Mix

1 sachet of yeast (enclosed with the Fate Mix)

2 tsp salt

120mls oil, or 50mls for the lower fat version

2–3 drops suitable browning

450mls warm water

Extra Fate All-Purpose to shape



### Method

1. Pre-heat the oven to Gas 6 /200°C /400°F
2. Place the Fate All-Purpose Mix into a mixing bowl and add the sachet of yeast and the salt, stir together.
3. Measure the oil and warm water and place into a separate jug. Add a couple of drops of browning.
4. Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, or an electric hand mixer, quickly mix well to get everything blended together. It will be runny to begin with, but will soon thicken a little. Then continue to mix for about 1 minute. Use a rubber spatula to scrape down the mixture in the bowl.
5. Half fill a jug with warm water, and dip the scoop into it, shake it and then, take a scoop of bread mixture and place it onto a lightly greased baking tray. Dip the scoop again into the water, (don't worry if the scoop has bread mixture on it) and continue to scoop the rest of the mixture.
6. Use your hands, or a small spoon dipped into the water and use it to neaten the rolls if needed.
7. Take a piece of cling film just a little larger than the tray, and rub it with a little oil. Gently place this on top of the rolls.

8. Leave in a warm place to prove until double in size. Bake into a pre heated oven for around 30 mins until golden brown.
9. Transfer to a wire rack to cool.

The rolls freeze very well.

When needed wrap a frozen roll loosely in kitchen paper and place into the microwave for a few seconds to defrost and warmed through. (Time depends on the strength of your microwave). The roll should be soft and warm but not steamy.



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