

## Fate Bread Rolls

### Ingredients

500g Fate Low Protein All-Purpose Mix

1 sachet of yeast (enclosed with the Fate Mix)

2 teaspoons salt

120ml oil or 50ml for the lower fat version

2–3 drops suitable gravy browning

450ml warm water

Extra Fate All-Purpose to shape



### Method

1. Preheat the oven to Gas Mark 6/200°C/400°F.
2. Place the Fate All-Purpose Mix into a mixing bowl.
3. Add the sachet of yeast and the salt. Stir.
4. Measure the oil and warm water and place into a separate jug. Add a couple of drops of browning.
5. Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, quickly mix well to get everything blended together.
6. Continue to mix for about 1 minute.
7. Place a piece of cling film onto your scales, and sprinkle it with a little extra Fate All-Purpose Mix. Also, dip your hands in All-Purpose to dust well.
8. Using a large spoon, take a heaped spoonful of the bread mixture, and using just one finger, push it onto the cling film on the scales.
9. For a good sized roll, you need around 100g. (You do not have to be too precise, just as long as they are within 10g of each other)
10. Using the cling film to help you, transfer the mixture into your other (dusted) hand gently pass the mixture from one hand to the other, once or twice, until the surface is smooth and a round ball is made. You do not have to press or knead the mixture at all.
11. Place onto a greased baking tray. Continue with the remainder of the mixture.
12. Place the baking tray into a large polythene bag and tie the ends up, trapping enough air so that the polythene is lifted well above the rolls.
13. Leave in a warm place to prove until double in size.
14. Bake for around 30 minutes until golden brown. Transfer to a wire rack to cool.
15. The rolls freeze very well.