

Fate Panini Rolls

Ingredients

- 500g Fate Low Protein All-Purpose Mix
 - 1 sachet of yeast (enclosed with the Fate Mix)
 - 1½ teaspoon salt
 - 25ml olive oil
 - 2–3 drops suitable gravy browning
 - 450ml very warm water
 - Extra Fate All-Purpose Mix to shape
- Preheat the oven Gas Mark 6/200°C/400°F



Method

1. Place the Fate All-Purpose Mix into a mixing bowl.
2. Add the sachet of yeast and the salt. Stir.
3. Measure the olive 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, making sure that all the oil comes out of the jug. You may need to scrape out the oil as it tends to cling to the jug.
5. Use a balloon whisk to quickly mix well to get everything blended together. Continue to mix for about 1 minute.
6. Place a piece of cling film onto your scales, and sprinkle it with a little extra Fate All-Purpose Mix.
7. Dust your hands well with Fate All-Purpose Mix, and using a large spoon or spatula, take a heaped spoonful of the bread mixture, and using just one finger, push it onto the cling film on the scales.
8. For a nice sized Panini, you need around 110g - you do not have to be too precise, just as long as they are within about 10g of each other.
9. Using the cling film to help you, transfer the mixture into your other dusted hand, and 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. Dust the work surface with a little Fate All-Purpose mix, and lightly roll the dough into a fat sausage shape, about 11 or 12cm long.
10. Dust your hands with a little extra Fate All-Purpose Mix and gently press it into a rectangle shape. Then using the flat side of a table knife, level the edges so that they are straight then flatten the top. As you do so, you can indent the surface to make the traditional lines across the top. The Panini should be about 12cm long and 7cm wide. Carefully place it onto a baking tray. Continue with the remainder of the mixture.
11. 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 dough. Leave in a warm place to prove until double in size.
12. Bake the Panini rolls into a preheated oven for about 25-30 minutes until risen, and slightly brown. It is best not to bake them too dark because you will probably toast the Panini or fill them and cook them in a sandwich press.

This recipe has been provided by ©Fate Special Foods

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