

## Fate Savoury Rolls

### Ingredients

- 500g Fate Low Protein All-Purpose Mix
- 75g pitted black olives, sliced or chopped
- 40g sundried tomatoes, drained and chopped
- 2 teaspoons dried basil
- ½ teaspoon dried garlic granules
- 2 teaspoons dried oregano
- 1 sachet of yeast (enclosed with the Fate Mix)
- 2 teaspoons salt
- 50ml olive oil
- 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. Stir in the salt and yeast. Add the sliced olives, sundried tomatoes, basil, oregano and garlic granules. Stir.
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 after about 20-30 seconds it will begin to thicken. Continue to mix for about 1 minute.
5. 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.
6. Using a large spoon, take a heaped spoonful of the bread mixture and push it onto the cling film on the scales.
7. 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.
8. 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.
9. Place onto a greased baking tray. Continue with the remainder of the mixture.
10. 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.
11. Leave in a warm place to prove until double in size. Bake for around 30 minutes until golden brown. Transfer to a wire rack to cool. The rolls freeze very well.

This recipe has been provided by ©Fate Special Foods

*National Centre for Inherited Metabolic Disorders*