

Bread rolls

Ingredients

400g plain flour
100g whole wheat flour
1 teaspoon salt
1 sachet (7g) instant dry yeast
500ml warm water

fresh herbs – garden herbs – rosemary sprigs
sunflower seeds and poppy seeds, pepitas. Fennel seeds, onion seeds, basil seeds
or parsley seeds. Mix equal quantities of seeds into a bowl. Roll out dough balls
and press into herb and seed mixture.

What to do

1. Tip all the flour into a large mixing bowl and add the salt and yeast and mix with a wooden spoon.
2. Measure 500 ml of warm water into the measuring jug and stir in the honey.
3. Pour in the warm water and honey mixture into the flour.
4. Stir to mix the flour and water to heavy dough. It will form a sticky ball
5. Sprinkle flour on the wooden board or clean, dry surface.
6. Tip out the dough and pat all the pieces into a pile. Squash it down, using your hands to gather it all together and knead for 3minutes.
7. Place back into the bowl, cover and leave for 30 minutes until it has doubled in size

Rolling the dough

Preheat oven to 200C.

Place dough onto floured board and knead to another minute.

Roll dough into small golf ball sizes and press into herb and seed mixture bowl.
place onto a baking tray lined with baking paper.

Bake into a hot oven for around 10 to 15 minutes.

