

## Bread Rolls

### Ingredients

- 500g strong white bread flour, plus, extra for dusting
- 7g sachet fast action yeast
- 1 tsp white caster sugar
- 2 tsp fine salt
- 1 tsp sunflower oil, plus, extra for the work surface and bowl

### Method

#### STEP 1

- Wash your hands
- Tip the flour, yeast, sugar, salt and oil into a bowl. Pour over 325ml warm water, then mix (with a spatula or your hand) until it comes together as a dough. Make sure all the flour has been incorporated. Cover and leave for 10 mins.



## STEP 2

- Lightly oil your work surface and tip the dough onto it. Knead the dough for at least 10 mins until it becomes tighter and springy.



## STEP 3

- Tip the dough onto a lightly floured surface and roll into a long sausage shape. Halve the dough, then divide each half into four pieces, so you have eight equal-sized portions. Roll each into a tight ball and put on a dusted baking tray, leaving some room between each ball for rising. Cover with a damp tea towel and leave in a warm place to prove for 40 mins-1 hr or until almost doubled in size.



## STEP 4

- Heat the oven to 230C/210C fan/gas 8. When the dough is ready, dust each ball with a bit more flour. Bake for 25-30mins, until light brown and hollow sounding when tapped on the base. Leave to cool on a wire rack.



### What are the children learning?

I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines.

(HWB0-33a)

I have experimented with everyday items as units of measure. (MNU0-11a)

Within real and imaginary settings, I am developing my practical skills as I select and work with a range of materials, tools and software. (TCH0-12a)

#### Skills: -

- The importance of hygiene and keeping safe.
- Measuring out and counting out ingredients, follow instruction.
- Talk about what happens to the mixture once it has been in the oven.
- Developing fine motor skills as dough is kneaded and manipulated.