

Reach Out Bake Off: Bread Rolls

## White Bread Rolls

Makes 6 rolls - 150g per roll

Large Bowl  
Jug  
Large Baking Tray's x 2  
Parchment Paper  
Pastry Brush

### Ingredients

550g	Strong White Bread Flour
10g	Salt
7g	Dry Yeast ( One Sachet)
350g	Tepid Water ( ideally 32°C)
75g	Sesame Seed, or any seeds, or combination of)
1	Egg for glazing with a pinch of salt
25g	Sesame Seeds for the topping

### Method

- Weigh the flour, salt and sesame seeds and mix with your hands
- Measure out the tepid water into jug and add the yeast
- Mix until dissolved
- Add this to bowl of flours
- Mix together until it forms a a ball of dough, with no dry bits of flour left
- Turn out onto a work surface and knead for 8-10mins
- Return to a lightly greased bowl, cover and leave to prove for one hour at approx 25°C
- Once doubled in size, turn out onto the work surface and 'knock back' the dough
- Divide into 6 pieces, approx 150g per piece
- Have two large baking trays lined with parchment paper ready
- Gently flatten each piece of dough, and lift and fold the edges of the dough over and onto the opposite side on the dough piece, repeat this process going around the dough. (This is building tension into the dough, but not so tight that it tears the dough)
- Turn the dough over and with your hand cupped over the dough ball, move n drag the ball in a circular morion to further tighten it.
- Place the ball on the lined tray
- Repeat with the other 5 balls
- Once all the dough balls are shaped, very lightly sprinkle with flour and press down the dough balls to flatten the out
- Cover and leave to second prove for 1 hour
- Pre-heat your oven 1/2 hour before baking to 200°C
- Once the buns have doubled in size, and passed the 'poke' test
- Mix the egg with a pinch of salt, brush this over each bun and sprinkle with seeds
- Bake for 20mins
- Remove and allow to cool on a wire rack for 20mins