



## Quick morning rolls



If you have had a lie in, but still fancy fresh rolls for lunch then this simple recipe is for you.

Prep time 15 minutes

Proofing 1 hour

Cook time 15 minutes

Makes 8

### Equipment

- Baking tray
- Large bowl

### Ingredients

- 500g strong white bread flour
- 7g (one sachet) instant yeast.
- 2 teaspoons salt
- 1 teaspoon sugar
- 200ml milk
- 100ml water
- 2 tablespoons olive oil

### Method

1. Prepare your baking sheet by very lightly greasing with oil then lightly dust with flour.
2. Put the flour into a large bowl. Add the salt, sugar and yeast – I always make sure these three ingredients don't touch each other.
3. Combine the water and milk – the temperature should be that of warm bath water. Add this and the oil to the dry ingredients. Mix with a knife until everything comes together.
4. If you are using a mixer with a dough hook, mix on the second setting for five minutes, if you aren't using a mixer knead by hand for 10 minutes.
5. Let the dough rest for five minutes and then knead again for two minutes.
6. Divide the dough into 8 pieces and shape into rounds. Place evenly onto the baking sheet.
7. Proof the rolls in a warm place for about an hour, or until doubled in size.
8. Pre-heat the oven to 230°C/210°C fan/Gas Mark 8.
9. Once proofed, gently brush each roll with milk and then dust with coarse semolina.
10. Bake in oven for 15 minutes, until golden brown.
11. Remove from the oven and place on a wire rack to cool. Place a clean tea towel over the rolls.