



Seeded Rolls

What to collect

Ingredients	Equipment
600ml warm water	metric measuring spoons, jug
2 tablespoons honey	scales
800g plain flour plus extra for dusting	mixing bowl
200g wholemeal flour	pastry brush
1 teaspoon salt	baking trays
14g dry yeast	baking paper
4 tablespoons mixed seeds	electric mixer with dough hook
rice bran oil, for oiling bowl	

What to do

1. Combine the water and honey in a small bowl and stir to dissolve the honey.
2. Tip the flour, salt and yeast into a bowl of an electric mixer.
3. Pour water/honey mixture into the bowl with the flour. Knead on a low speed for 5 minutes.
4. Sprinkle flour on a clean, dry surface. Tip out the dough and knead it into a ball.
5. Lightly oil a large bowl and put the dough inside.
6. Cover the bowl with a clean tea towel and for leave it for 1 hour.
7. Preheat the oven to 200C.
8. After an hour, make a fist and punch the dough down to release the air. Knead again for 1 minute.
9. Divide dough into 30 pieces. Shape each piece into a knot or round ball and sprinkle some seeds on top and place on a lined tray.
10. Once all the dough has been shaped, leave it in a warm place for another 20 minutes.
11. Put the tray in the oven for 20-25 minutes.