

RECIPE 5

This recipe makes 6-8 rolls.

Milk Rolls

INGREDIENTS

225g strong white plain flour
1 x 7g sachet easy-blend (microfine)
dried yeast
150ml warm water (not hot) milk or water
1 tablespoon olive oil
extra flour (for kneading or sprinkling)
oil (for greasing)

EQUIPMENT

mixing bowl, teaspoon, measuring jug,
tablespoon, wooden spoon, flour dredger,
baking tray

HOW TO MAKE IT

1. Put the flour and yeast in the mixing bowl. Stir to combine the ingredients.
2. Make a 'well' in the centre of the dry ingredients and add all the warm liquid and the olive oil. With a wooden spoon, mix the ingredients to a soft dough.
3. On a lightly floured surface, knead the dough until it develops a soft, elastic and smooth texture.
4. Heat the oven to 220°C/ Gas 7. Divide the dough into 6 or 8 even-sized pieces.
5. Knead each portion to form a round bread roll. Place the rolls on a greased and floured baking tray. Set aside in a warm place to rise to twice their size. (Depending on the room temperature, this will vary from 20-40 minutes).

6. Bake the rolls for 15 minutes until they are golden-brown and sound hollow when tapped underneath.

COOKING KNOW-HOW

Adult preparation

1. Wash your hands (no nail varnish) and wear an apron.
2. Collect all the ingredients and equipment. Arrange them on the table so that all the children can see them.
3. Discuss the ingredients and equipment - what they are, how to weigh and measure them and how they are to be used.

SHOW THE CHILDREN

- how the ingredients are weighed and measured;
- the equipment and what it is used for;
- how to feel the (luke warm) temperature of the liquid (with a clean finger);
- how to mix, knead and shape the dough;
- how the dough rises before it is baked.

The children may, under supervision:

- feel the temperature of the liquid, add it to the dry ingredients and mix to a dough;
- sprinkle flour for kneading;
- knead the dough, divide it and shape it.

SKILLS

Testing (assessing)
temperature, mixing,
kneading, shaping