

The Little Red Hen Bread





The Little Red Hen Bread Rolls Recipe Sheet

Ingredients

1kg white bread flour
2 sachets of dried yeast
2 tbsp vegetable oil
550-600ml water
Extra flour and oil for dusting and brushing
Pinch of salt

Equipment

Large mixing bowl
Sieve
Tablespoon
Teaspoon
Wooden Spoon
Cling Film
Measuring jug
Scales



Method

1. Weigh the flour and sieve into the large bowl.
2. Add the salt and dried yeast, spoon in the oil, add the water.
3. Mix the oil and water into the flour with the wooden spoon until the dough is soft but not sticky. If it is too wet, add some more flour, if it is too dry add a bit more water.
4. Turn the dough onto a board or a clean work surface.
5. Knead by pulling and rolling the dough backwards and forwards.
6. Keep kneading for 8 to 10 minutes until the dough is smooth and springy.
7. Put back in the mixing bowl and cover with an oiled piece of cling film.
8. Leave the dough in a warm place for at least an hour until it has doubled in size and feels spongy. (The cling film allows you and the children to see what is happening!)
9. Tip the dough out on the board and knead for a minute or two.
10. Divide the dough into roll-sized portions and form into tight balls.
11. Bake for 12 to 15 minutes at 200°C.





















