



Ingredients

250g strong flour
1 x 5ml spoon salt
7g pack fast action dried yeast
1 x 5ml spoon sugar
150ml warm water



Equipment

Baking tray, sieve, mixing bowl, weighing scales, measuring jug, measuring spoons, flour dredger, oven gloves and cooling rack.



Method

1. Preheat the oven to 220°C or gas mark 7. Grease a baking tray.
2. Sieve together the flour and salt into a mixing bowl.
3. Stir in the yeast and sugar.
4. Make a well in the middle of the flour mixture and add the warm water. Mix to form a soft dough.
5. Sprinkle flour on to a clean work surface and place the dough on the surface.
6. Knead the dough for 10 minutes.
7. Divide the dough into 4 pieces and shape into rolls.
8. Place the rolls on the greased baking tray.
9. Cover the dough and leave to prove for 30 minutes in a warm place until they double in size.
10. Bake for 10 - 15 minutes until golden brown.



Handy hints

- Why not try adding 25g apple, grated cheese, dried fruit or chopped onion to the flour mixture?
- Decorate your bread with sesame seeds, poppy seeds, grated cheese or diced onion.