

# CRUNCH TIME

## Bread Making



**Serve information: Several Bread Rolls**

### INGREDIENTS:

500g Plain flour  
7g/ 1 Sachet dried yeast  
1 Tsp salt  
375ml Lukewarm water  
Extra flour for dusting  
1 Tsp sesame seeds  
1 x Dough (proving for 1 hour)  
in large bowl  
Baked rolls – loaf, plait loaf, round rolls  
with sesame seeds on top,  
Knot roll – on baking tray

### EQUIPMENT:

Recipe card  
Scales  
Mixer with dough arm attachment  
Large bowl  
Pastry brush  
Damp tea towel  
Baking tray  
Oven mitts  
Timer  
Wire rack  
Bowl  
Measuring jug  
2 tongs



## METHOD:

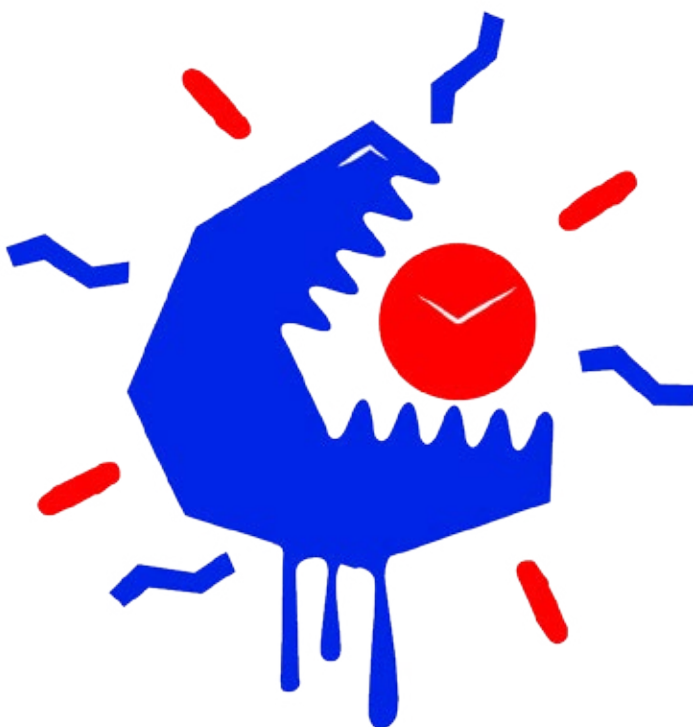
1. Read the recipe and get all the ingredients. Pre-heat oven to 200°C.
2. Measure ingredients carefully and accurately. (weigh 500g of flour on the scales. measure 375ml of warm water into a jug with yeast and sugar)
3. Mixing. Use the dough arm attachment on the mixer. Add flour, fermenting yeast, salt and mix.
4. Proving. Place dough in bowl and set aside until doubled in size
5. Punching. Deflate "prepared earlier" dough.
6. Shape the dough. Shape dough as per samples and place on greased baking tray.
7. Proving. Cover the dough to retain moisture and leave in a warm place to rise.
8. Baking. Use oven mitts to place in the pre-heated oven to bake
9. Cooling. Take the "prepared earlier" rolls and cool on rack

## ADDITIONAL NOTES:

Warm water

1 x dough (proving for 1 hour) in large bowl

baked rolls – loaf, plait loaf, round rolls with sesame seeds on top, knot roll – on baking tray



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