

## Nyam and Go

### Easy Wholemeal Bread Roll Recipe



### Ingredients

- 500g Bread flour (wholemeal)
- 7g (One sachet) Fast-action yeast
- 1 1/2 tsp Caster Sugar
- 2 tsp Salt
- 300ml Lukewarm water
- 3 tbsp Olive oil
- Plus, extra flour for dusting

### Method

1. Firstly, before we start, keep in mind that the doughs first rising can be done overnight in the fridge in a well-oiled bowl. Combine the flour, yeast, salt and caster sugar in a large bowl. I like to mix the mixture with a regular knife.
  2. Once combined make a well in the centre of the flour in preparation for the wet ingredients.
  3. Measure 300ml of lukewarm water and add 3 tbsp of olive oil.
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4. Pour the water and oil into the well of flour and gradually mix the flour in until it forms a dough.
5. Transfer the dough to the work top and start to knead. Do not be intimidated if your dough is quite wet. Many people tend to then add too much flour, and this will result in a denser bread. Persist in kneading for ten minutes until smooth and elastic.
6. Place your smooth dough into a lightly oiled, covered bowl and leave to prove for an hour. If you have made your dough in the evening, then you can leave in the fridge overnight.
7. Once your hour prove has finished knock back the dough for a good 10 minutes, then roll into a long sausage shape and divide into 8 sections. Form these sections into small rounds and place on covered baking trays for another hour. Whilst proving preheat the oven to 220C/fan. (This step also applies for the fridge proving option).
8. Now cook your rolls in the oven for 10-15 minutes. Once out of the oven transfer to a cooling rack, tapping the bottom of the rolls to check that they sound hollow. Cover with a clean tea towel when cooling. This will absorb the moisture from the heat coming off the rolls.

<https://www.bbcgoodfood.com/recipes/2902668/easy-white-bread-rolls>

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