

Bread

Ingredients

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

Equipment

Sieve, mixing bowl, weighing scales, measuring jug, baking tray, pastry brush and cooling rack.

Method

1. Preheat the oven to 220°C, gas mark 7.
2. Grease a baking tray or loaf tin.
3. Sieve together the flour and salt into a mixing bowl.
4. Stir in the yeast and sugar.
5. Add warm water, mix into a dough.
6. Knead the dough for 10 minutes.
7. Divide the dough into 4 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 it doubles in size.
10. Bake for 10 - 15 minutes until golden brown.

Makes 4 rolls

Suggestions

Why not try adding grated 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.

Make bread sticks – roll out small pieces of dough into sticks, then decorate with seeds and bake. Brilliant with a dip.

Safety!

Ask an adult to:

- turn the oven on;
- put food in the oven and take it out, using the oven gloves.