

## Roman Bread Rolls (Gluten Free Option) (Dove's Farm recipe)

Yr4

### Ingredients

500g Doves Farm gluten free self-raising flour

$\frac{1}{4}$  tsp bicarbonate of soda

$\frac{1}{2}$  tsp salt

2 tsps quick yeast

1 tbsp honey



380 ml warm water

1 tbsp olive oil



Please note - we have previously replaced honey with golden syrup with the same results.

### Method

- 1) Pre-heat an oven to 200 deg C/Gas Mark 6. Grease or line a baking tray.
- 2) In a large bowl, mix together the flour, bicarbonate of soda, salt & quick yeast
- 3) Dissolve the honey in the water and add a little at a time into the flour and roughly mix.
- 4) While the dough is still craggy, add the oil and mix well.
- 5) Knead or work the dough for a few minutes, then divide into 16 pieces. Mould the dough pieces into round shapes and place on the baking tray.
- 6) Cover and leave to rise for about 30 minutes in a warm place. Bake for 20 mins until golden.