



## 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.