

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 200g strong bread flour
- 1 tsp salt
- ½ sachet dried yeast
- 1 tsp sugar
- 150ml warm water
- 1 tbsp oil
- Egg or Milk to glaze

Equipment

- Mixing bowl
- Scrap bowl
- Tablespoon
- Teaspoon
- Fork
- Table knife
- Measuring jug
- Weighing scales
- Wooden spoon
- Baking tray
- Cooling rack
- Flour dredger
- Palette knife
- Pastry brush



Bread Rolls



Ingredients

- 200g strong bread flour
- 1 tsp salt
- ½ sachet dried yeast
- 1 tsp sugar
- 150ml warm water
- 1 tbsp oil
- Egg or Milk to glaze

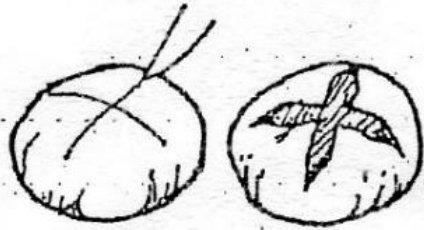
Method

- Prepare/ weigh ingredients
1. Preheat the oven to 220°C.
 2. Grease a baking tray/ Cover with greaseproof paper.
 3. Prepare yeast, sugar & warm water in a jug & leave to ferment .
 4. Sift the flour, add the salt and oil into the mixing bowl.
 5. Add the liquid mixture of yeast and 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 baking tray.
 9. Cover the dough and leave to prove for 20- 30 minutes in a warm place until it doubles in size.
 10. Coat the rolls with milk or egg
 11. Bake for 10 - 15 minutes until golden brown and sounding hollow when tapped.

Bread Roll Shapes



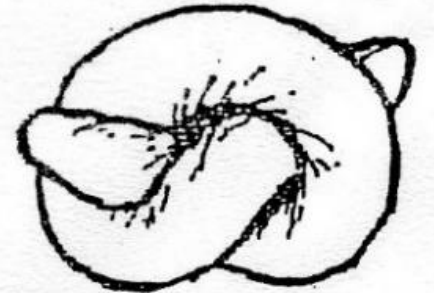
Hedgehog



Coburg



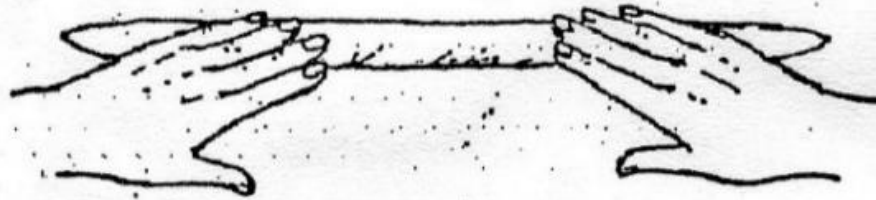
Twist



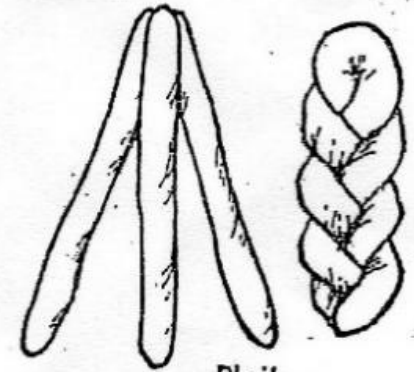
Single knot



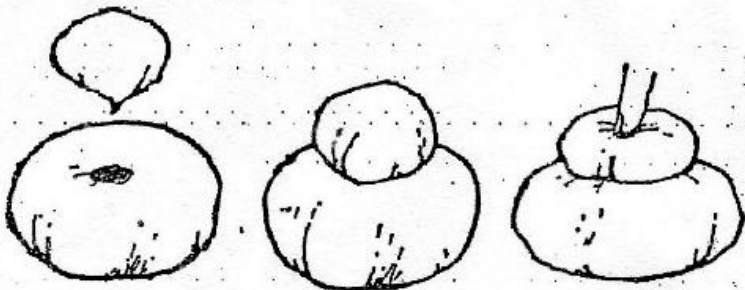
Rolling a ball of dough



Rolling a long thin roll



Plait



Cottage loaf



Bloomer

Equipment for Bread Making

Mixing bowl, Scrap bowl, Tablespoon, Teaspoon, Fork, Table knife, Measuring jug, Weighing scales, Wooden spoon, Baking tray, Cooling rack, Flour dredger, Palette knife, Pastry brush