Basic Bread - Rolls

Ingredients

- 600 ml warm water
- 2 tablespoons honey (can substitute with molasses)
- 800 g plain flour
- 200 g whole-wheat flour
- 2 teaspoons salt
- 14 g instant dry yeast
- Vegetable oil, for oiling bowl and tin

Method

1. Combine the water and honey, and stir to dissolve the honey.
2. Tip the flour into a large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.
3. Pour the water and honey mixture into the well.
4. Stir to mix the flour and water to a heavy dough.
5. Sprinkle a little flour over the bench, your hands and the dough.
6. Tip out the dough and use your hands to squash it all together into one lump.
7. Knead the dough for 5 minutes, sprinkling it with flour if it feels sticky. Cover it with a tea towel and leave it for at least 30 minutes in a warm sport (not too hot), to double in size.
8. Preheat the oven to 200°C.
9. Punch the dough down once to release the air, then knead for 30 seconds.
10. Divide dough into 30 pieces (or two loaves). Shape each piece into a ball or knot and place it on a lined baking tray. Leave the shaped dough in a warm place again for 20 minutes. Your should see that it has risen.
11. Put the tray in the oven and bake for 20-25 minutes.
12. Wearing oven mitts on both hands, carefully take the tray out of the oven.
13. Wait at least 10 minutes before slicing and serving warm.

OR at step 10 divide into 4 pieces and press flat. Press herbs, olives, pesto into and onto top to make a focaccia bread.