



RHET

The Royal Highland Education Trust

Patron HRH The Princess Royal

Make Your Own Bread

INGREDIENTS

- 1 packet of dried yeast (7g)
- 1 cup warm water
- 1 tablespoon sugar
- 2 tablespoons rapeseed oil
- 10 tablespoons of flour

EQUIPMENT

- Large mixing bowl
- Cup
- Tablespoon
- Baking tray
- Oven

INSTRUCTIONS

1. Measure the flour into a bowl.
2. Add the yeast and mix the dry ingredients.
3. Using the spoon, make a well in the middle of the bowl (pushing the flour to the edges).
4. Into the well add the oil and $\frac{1}{2}$ of the water.
5. Using the spoon, bring the mixture together.
6. If you need more water, add this slowly until the ingredients form a dough. If you add too much water, you can add a bit more flour to make your mixture drier.
7. Once the ingredients have combined, use your hands to take the dough from the bowl to your work surface.
8. Knead the dough, by stretching and folding it for at least five minutes.
9. Shape the dough into rolls and sit on a baking tray in a warm place until doubled in size.
10. Cook for 10 minutes in a hot oven (200C).
11. Allow to cool before eating.