

## Bread

### Ingredients

200g strong flour  
5ml spoon salt  
7g packet fast action dried yeast  
150ml warm water



### Equipment

Sieve, mixing bowl, weighing scales, measuring jug, baking tray, palette knife and cooling rack.

### Method



1. Preheat the oven to 220C, gas mark 7. Grease a baking tray.



2. Sieve the flour and salt into a mixing bowl.



3. Add the yeast and sugar.



4. Add the water and mix into a soft dough.



5. Knead the dough for 10 minutes.



6. Divide the dough into 4 and shape into rolls.



7. Place the rolls on the greased baking tray.



8. Cover the rolls and allow to prove for 30 minutes.



9. 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.