



## Breads & Bases

### Bread Rolls with Seeds

Preparation Time: 20 minutes

Standing Time: 20-25 minutes

Cooking Time: 15-20 minutes

Serves: 15 rolls

#### Ingredients:

- 1 lb 7 oz/675 g of wholemeal bread flour (White will give a softer roll if you prefer)
- 7g dried yeast
- 1 tsp of brown sugar
- Pinch of salt
- 14 fluid oz/426 ml of warm water - 1/3 hot to 2/3 cold. (Too hot or too cold and the yeast will not activate. The outside of the jug/cup should be comfortable to hold)
- 1 tbs of oil
- 1 oz/25g of seeds. Choose your favourites from a selection at [www.notjustnuts.co.uk](http://www.notjustnuts.co.uk)

## Method:

- Warm the mixing bowl if it's very cold. This will help the yeast activate.
- Place all of the dry ingredients in the bowl.
- Add the water - do this in stages as you want the flour incorporated but don't want it too sticky. If the dough is too wet add more flour, if too dry add water. However, too much fiddling will alter the texture of the finished bread.
- Add the oil.
- Work the dough in the bowl until the dough comes clean from the sides.
- Divide into 2 to make it easier to work with.
- Place dough onto a kneading surface, if using a board place it on a damp T-towel - this will stop the board sliding around.
- Knead for 10 minutes - this is basically punching your fist into the middle of the dough and pulling with the other hand a corner of the dough to the centre. Repeat, repeat and repeat! The dough will change texture and become elastic and smooth. Do the same with the remaining dough - this is a very good upper arm exercise!!!
- Flatten/ roller-pin the dough to about 1 inch thickness. Thumb rule - nail tip to 1<sup>st</sup> knuckle is approximately 1 inch.
- Stamp out rounds, use a scone cutter 3 inch size.
- Place on a lightly oiled baking tray.
- Cover with a T-towel and leave in a warm place to prove - that is double in size. This will take about 20/25 minutes.
- Meanwhile pre- heat the oven Gas mark 6, 200C, 400F.
- If you also want seeds on top of the rolls, brush the rolls lightly with water or milk and sprinkle seeds on the surface. The dampness helps the seeds stick to the tops.

- Place the rolls in the oven for 15/20 minutes.
- Tap the underneath of the rolls when cooked - they should sound hollow.
- Leave to cool.

### Suggestions:

The rolls can be frozen so you could make several batches in one go!

## Pizza Base

Preparation Time: 5 minutes

Standing Time: 70 minutes in total

Cooking Time: 12-15 minutes

Serves: Makes a 12" Pizza

### Ingredients:

- 9oz/255g of Italian flour - this is a fine white flour named Grano Duro, however plain white flour can be used to good effect. Wholemeal flour will give a heavier base.
- 7g of dried yeast
- Pinch of salt
- ½ teaspoon sugar
- 1 tbs olive oil
- 4 fluid oz/125ml of warm water

## Method:

- Put the dry ingredients in a bowl.
- Add the oil and water.
- Knead the mixture for about 1 minute - the dough should be smooth and elastic.
- Add more water/flour if your mixture is too dry or too wet.
- Cover the dough with a T towel/cling-film and leave to rest in a warm place for 35 minutes.
- Knock back the dough - this means kneading the dough for a minute or two.
- You may need to sprinkle more flour at this stage.
- Rest the dough as previously for a further 35 minutes.
- After this second 35 minute rest the dough is ready to design a pizza.
- This dough will make approximately a 12inch pizza - you can of course divide the dough into smaller sizes.
- Roll out the dough on a lightly floured surface.
- Transfer to a lightly oiled baking sheet or pizza tray.
- To avoid the dough stretching and tearing, loop the rolled dough gently over the rolling pin and place on the baking tray.
- Prick the dough with a fork - this will stop air bubbles rising.
- Cover with your favourite sauce and delicious toppings such as Sun-dried Tomato halves, Black Olives and Fire Roasted Red Peppers from [www.notjustnuts.co.uk](http://www.notjustnuts.co.uk)
- Add oregano and basil for flavour, and a dribble of olive oil.
- The tomato sauce in a previous recipe would make a hearty topping.

- Bake in a preheated oven at Gas mark 7, 225C, 430F for 12-15 minutes. The base should be toasted and crisp.

### **Suggestions:**

If you are dividing the dough and freezing for future use, roll it out into pizza shapes so it is ready to use straight from the freezer. It may need a slightly longer cooking time just check that it is hot and cooked through.

And finally.....

Enjoy!

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