

Making your own loaves

As the theme of Messy Church this time is the miracle of Jesus feeding 5000 people with only 5 small loaves and 2 fish (Matthew chapter 14, Mark 6, Luke 9 and John 6), we thought it would be fun to make our own bread rolls.

To make 12 rolls, you will need...

Flour: 450g (16oz). Half of this could be granary flour with bits in and the other half strong white bread flour – but if you don't have these, normal plain white flour will work too.

Butter: 25g (1oz)

Yeast: 1 sachet – provided, inside the envelope

Sugar and salt: 1 teaspoon of each

Warm (not hot) water: 275ml (10fl oz)

An egg, to glaze the top of your rolls.

Optional: seeds (poppy, sunflower, pumpkin, sesame, etc.) to bake into your bread and to sprinkle on the top



What to do...

- 1) Put the flour, yeast, sugar and salt in a mixing bowl and then rub in the butter (use your fingertips to rub the butter and dry ingredients together until there are no lumps of butter left);
- 2) Make a dip in the middle of the mixture and add the water a bit at a time. If you are adding seeds, put them in now. Mix with a wooden spoon at first, then try to make into a ball with your hands. Once the ball is sticking together with no dry bits, stop adding water. You don't want your dough to be too wet or it will be too sticky (but if this does happen, don't worry, you can just add more flour);
- 3) Sprinkle lots of flour on your work surface. Take your ball of dough and knead it with your hands (stretch it, fold it over, press your knuckles into it). Carry on kneading for 6 minutes, this helps the yeast start to work so that your dough will get bigger during step 6;
- 4) Roll your dough into a ball and divide into 12 even-sized pieces. Make each piece into a ball if you want to make rolls, otherwise shape them as you like. You could even make them into fish;

Grease a baking tray. Put your dough balls on the tray, cover the tray with clingfilm, and leave in a warm place for at least 40 minutes;

- 5) After 40 minutes your dough balls should have grown! Pre-heat the oven to 220 degrees C, 425 degrees F or gas mark 7.
- 6) Brush your rolls with a beaten egg to glaze them, and sprinkle on some seeds if you would like to.
- 7) Bake in the oven for 20 to 25 minutes, then take out and cool on a wire rack. Fill with your favourite filling, and enjoy!

