

YOGHURT ROLLS

EQUIPMENT

STAND MIXER WITH DOUGH HOOK ATTACHMENT, MIXING BOWLS, WHISK, SCALES, CHEF'S KNIFE, SOLID BAKING TRAYS, CANOLA OIL SPRAY, CAKE OR COOLING RACK

INGREDIENTS

640GM PLAIN FLOUR, 230GM NATURAL YOGHURT, 200GM WARM WATER,
12GM DRIED YEAST, 5GM SALT, 5GM EXTRA VIRGIN OLIVE OIL

METHOD

PLACE THE FLOUR INTO THE BOWL OF A STAND MIXER. ADD THE EXTRA VIRGIN OLIVE OIL TO THE WATER AND WHISK IN THE SALT AND YEAST. ADD THE YOGHURT TO THE WATER AND YEAST MIX AND WHISK AGAIN TO COMBINE.

START THE MIXER ON A SLOW SPEED AND WHILE THE MIXER IS RUNNING POUR IN THE YOGHURT MIX. MIX FOR A FURTHER 5-6 MINUTES ON MEDIUM LOW SPEED.

ONCE MIXED REMOVE THE DOUGH FROM THE BOWL AND KNEAD FOR ANOTHER 5 MINUTES ON A LIGHTLY FLOURED BENCH UNTIL THE DOUGH BECOMES ELASTIC.

RETURN THE DOUGH TO THE BOWL AND COVER THE BOWL WITH CLING FILM. PLACE THE BOWL INTO A PRE-HEATED OVEN STEAM SETTING 40°C FOR 30 MINUTES TO PROVE.

ONCE PROVED REMOVE THE BOWL FROM THE OVEN AND REMOVE THE DOUGH FROM THE BOWL, KNEAD AGAIN FOR A FURTHER 5 MINUTES AND PORTION THE DOUGH INTO 12 EQUAL PORTIONS.

ROLL EACH PORTION INTO A BALL AND SET ASIDE. SPRAY 2 SOLID BAKING TRAYS AND PLACE 6 DOUGH BALLS ONTO EACH TRAY. RETURN THE TRAYS TO THE OVEN TO PROVE AGAIN STEAM SETTING 40°C FOR 25 MINUTES.

ONCE PROVED REMOVE FROM THE OVEN AND RE-SET THE OVEN TO 190°C COMBI MODE, ONCE THE OVEN IS UP TO TEMPERATURE PLACE THE TRAYS IN THE OVEN AND BAKE UNTIL GOLDEN FOR 17-20 MINUTES.

ONCE BAKED REMOVE FROM THE OVEN AND COOL ON A CAKE RACK, USE THE ROLLS FOR A DINNER PARTY OR TOASTED FOR A HAMBURGER BUN.

HINTS & TIPS

- IF YOU ARE A LITTLE OVER EVERY BURGER THESE DAYS BEING SERVED IN SWEET BRIOCHE ROLLS TRY THIS INSTEAD. THE YOGHURT GIVES A SLIGHT SOUR NOTE TO THE BREAD AND TOASTS EXTREMELY WELL