

Tiger Rolls

EQUIPMENT

Stand Mixer fitted with a Dough Hook, Small Mixing Bowls, Scales, Knife, Pastry Scraper, Baking Sheet, Baking Paper, Pastry Brush, Rubber Rubber Spatula

INGREDIENTS

For the Dough:

500gm Strong White Flour, 7gm Instant Yeast, 25gm Softened Butter, 10gm Caster Sugar, 10gm Salt, 350gm Warm Water

For the Topping:

60gm Cauliflower Flour, 3gm Instant Yeast, 3gm Salt, 5gm Caster Sugar, 5gm Sesame Oil, 90gm Water

METHOD

For the dough:

Place flour, butter, salt, sugar and yeast in the bowl of a stand mixer fitted with a dough hook and mix briefly. While mixing add the water and continue to mix on medium speed for 12-15 minutes until the dough is smooth and comes away from the sides of the mixing bowl.

For the topping:

Place all dry ingredients into a small mixing bowl and approx. half the quantity of water and mix well with a spatula to form a thick smooth paste, add remaining water and mix until smooth and set aside.

Once the dough has mixed remove from the bowl and place the dough on a lightly floured bench and knead briefly. Brush the inside of the mixing bowl with a little sesame oil and return the dough to the bowl. Place the bowl into the oven steam setting 35°c-40°c for 30 minutes to prove.

Once proved remove the dough from the bowl and place on a lightly floured bench, cut the dough into 8 equal sized portions and roll each portion into a ball. Place the dough balls on a baking tray lined with baking paper and return to the oven to prove again. Steam setting 35°c-40°c for 15 minutes.

After the second prove remove the dough from the oven and change the oven setting to Combi Mode (Low Steam Level 25%) 190°c. Using a pastry brush liberally brush the tops of the dough with the topping mixture.

Place the dough into the oven and bake for 20-25 minutes until golden and the topping mixture has cracked on the surface.

Cool the baked rolls on a cake rack before consuming.

HINTS & TIPS

When 'painting' the topping mixture onto the dough ensure you do it carefully so as to not knock all the air out of the dough.

Tiger Bread originated in the Netherlands and has been sold there since at least the early 1970's.