



MAKE IT

BASIC BREAD BUNS

This recipe comes from the Stephanie Alexander Kitchen Garden Foundation, which uses it in its school kitchen garden lessons, so it's an ideal project to do with children at home. Serve them warm from the oven.

kitchengardenfoundation.org.au



Ingredients

600 millilitres warm water
2 tablespoons honey (can substitute with molasses)
800 grams plain flour, plus extra for dusting
200 grams whole-wheat flour
1 teaspoon salt
14 grams instant dry yeast
Vegetable oil, for oiling the bowl

Method

Combine the water and honey in a small bowl, and stir to dissolve the honey.

Tip the flour into a large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.

Pour the water and honey mixture into the well.

Stir to mix the flour and water to form a heavy dough.

Sprinkle flour on a clean, dry surface. Pat some flour onto your hands and sprinkle some flour on the dough in the bowl.

Tip out the dough and pat all the pieces into a pile. Squash it down, using your hands to gather it all together into one lump.

Knead the dough for five minutes. If the dough feels sticky, sprinkle it with more flour.

Lightly oil a large bowl and put the dough inside.

Cover the bowl with a clean tea towel and leave for at least 30 minutes in a comfortably warm place (not too hot). Meanwhile, preheat the oven to 200°C.

When the dough has doubled in size, make a fist and punch straight down once into the dough to release air.

Tip your dough onto the floured surface and knead again for 30 seconds.

Divide dough into 30 pieces. Shape each piece into a round ball or knot and place it on a lined baking tray. Once all the dough has been shaped, leave it in the warm place again for 20 minutes. You should then see that the bread dough has risen.

Put the tray in the oven and bake for 20 to 25 minutes.

Wearing oven mitts on both hands, carefully take the tray out of the oven.

Tap the bottom of a bun with a finger and listen carefully for a hollow 'tonk' sound like a muffled drum. Allow to cool a little before serving.

Makes 30.