

## Carrot & Oat Rolls

This recipe is from Finland and makes approx. 32 rolls, typically served at breakfast or as a snack with ham and cheese. From the *Nordic Bakery Cookbook*, by Miisa Mink.

Equipment:	Ingredients:
1 large, 1 medium mixing bowl	600 ml lukewarm water
Measuring spoons	14g (2 sachets) dried yeast
Measuring cups	2 tsp. sea salt
Grater	900g strong white bread flour
Clean tea towel	100g rolled oats
Sharp knife	2 tablespoons vegetable oil
2 baking trays lined with baking paper	200g grated carrot
Scales	

### What to do:

- Coarsely grate the carrot into the medium mixing bowl.
- Put the lukewarm water in a large mixing bowl with the yeast and stir until it has dissolved.
- Add the salt and 600g of the flour and mix quickly into a dough. Knead well on a floured bench for 2-3 minutes.
- Add the oats and vegetable oil and knead again.
- Finally, add the grated carrot and the rest of the flour, and knead for another 2-3 minutes until dough is soft and slightly sticky. Sprinkle with flour; return the dough to a clean bowl and cover with a clean tea towel. Place in a warm position and leave to prove for an hour or until doubled in size.

*In the classroom, START HERE and then complete the steps above.*

- Preheat the oven to 200°, and prepare your baking trays with baking paper.
- Punch down the risen dough and using the sharp knife, divide it into four portions on a clean, lightly floured surface.
- Cut each quarter into 8 pieces, and with your hands, roll each piece into a ball. Flatten just slightly to look like bread rolls. Dust all over with flour and arrange on the prepared baking trays. Cover the trays of rolls with clean tea towels and leave to prove in a warm place for 30 min.
- Meanwhile, make the next batch of dough and set it aside to prove for the next group. Then bake your rolls in the pre-heated oven for 15 minutes or until risen and golden.