

Very Quick Wholemeal bread buns

Ingredients:

230g white strong (bread) flour
460g wholemeal strong (bread) flour
15g sea salt
1x7g sachet of easy blend dried yeast
430ml water mixed with 1 tablespoon olive oil, warm

Some extra flour for rolling out the dough and some mixed seeds (eg. sunflower, pumpkin, poppy or sesame) for on top of the bread buns.

Method:

1. Put the flours into a large mixing bowl and stir in the sea salt and dried yeast.
2. Add most of the water and mix to form a soft dough. You may need to add extra water.
3. Turn the dough onto a floured surface and knead for 10 minutes. The dough will become more elastic as it is worked.
4. Divide the dough into 8 portions.
5. Form each piece of dough into a bread bun and place onto a well greased baking tray. Either dust the tops with flour or sprinkle with mixed seeds.
6. Take a few minutes to do the washing up and wipe down the work surfaces.
7. Place the bread buns into a preheated hot oven (gas 6, 200°C) for approximately 30 minutes until they are golden brown and sound hollow on the bottom when tapped.

If you have time you could leave the dough to prove (rise) until it has doubled in size at the end of steps 3 and 5. This will improve the texture of the bread.