

Recipe No. 29/2013

Wholesome Knotted Oat Rolls

Warm crusty bread rolls from beginning to end in under half an hour? You've got to believe it. The Thermomix takes just 2 minutes to knead the rolls and then straight to the oven. Read on for more!

Makes: 12 rolls

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients

100g rolled oats
400g bread flour
5ml salt
20g olive oil
10g instant dried yeast
300g tepid water

Method

- Place oats into TM bowl. Mill **8 sec/speed 8**.
- Add remaining ingredients in order of list. Blend together **6 sec/speed 7**.
- Knead bread **2 min/closed lid position/interval speed**.
- Take dough out of TM bowl. Divide into 12 equal size balls. Roll each ball into a "rope-like" strip about 15cm in length. Tie loosely into a knot. Place on baking sheet, brush with water and sprinkle with extra oats.
- Place rolls into centre of cold oven. Switch oven onto 180°C (fan assisted). Bake for 25 minutes until lightly browned.

Chef's tips

- To test to see if rolls are baked through, tap on the underside of a roll. If the sound is "hollow", rolls are cooked.
- For whole wheat rolls, substitute oats for wheat kernels.
- Ensure the yeast doesn't come into direct contact with the salt when adding ingredients into TM bowl.



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