

Recipe No. 22/2014

# Whole-wheat Nutty Bread Rolls

Prepare the bread dough, remove from the TM bowl and set aside. Start the Minestrone soup – recipe from last week – and once the soup is cooking, shape the bread rolls and place in the oven. The soup and bread will be complete almost simultaneously and ready to serve.

Makes: 12 rolls

Total Preparation time: 30 minutes

## Ingredients


150g pearly barley  
1 tsp salt  
350g bread flour  
10g instant dry yeast  
1 tsp sugar  
150g milk  
150g warm water  
1 egg, lightly beaten to glaze, optional  
Sesame seeds, optional

## Method

1. Weigh pearly barley into TM bowl. Mill **12 sec/speed 9**.
2. Add salt, flour, yeast, sugar, milk and water. Mix **6 sec/speed 6**.
3. Knead **2 min/closed lid position/interval speed**.
4. Remove from bowl. Divide into 12 equal pieces. Take one piece and roll into a sausage shape about 15cm long. Dab a little water along one side of the "sausage". Roll the dough up to form a snail-like shape.
5. Place on baking sheet. Repeat with remaining pieces of dough. Brush with egg and sprinkle sesame seeds over. Place rolls into cold oven.
6. Turn oven on to 180°C fan assisted or 200°C conventional oven.
7. Bake 25 minutes.
8. Serve with Minestrone soup.



Thermomix

Approved Thermomix Distributor of 



PORT-A-KITCHEN

An extra pair of hands in the kitchen

Tel: 011 974 1171

[www.sathermomix.com](http://www.sathermomix.com)