



# MALT CRUNCH ROLLS

## Ingredients to make a dozen (or 6) rolls

360g (180g) warm water

8g (4g) dried yeast

600g (300g) malted flour

40g malted wheat flakes

(replace 50g of the malt with 50g rye flour for a richer taste - stickier dough)

12g (6g) salt

Optional white flour, sesame seeds or sunflower seeds for dusting.

You can replace the flours and flakes with Mathews Cotswold Crunch flour if you can find it. It is malt flour with rye and wheat flakes already added.

## Method

Mix the **flours**, **dried yeast** and **salt** in a large bowl.

Mix the water into the flour until all the dry flour is incorporated.

Knead the dough for roughly 10 minutes until it is smooth and springy.

Put the dough in a lightly moistened bowl, covered in a warm place for an hour.

Knock it back, i.e. gently punch all the gas out of it, then rest it for 10 minutes.

Cut the dough into pieces approx 80 each.

Roll each piece into a ball under the palm of your hand then optionally dab the pretty side in a small bowl of seeds to coat it. Place about 2cms apart on a flour dusted baking tray. They will expand so make sure they have plenty of space. Flatten each roll with a rolling pin or your hands so that it doesn't end up as a big dome.

Put the rolls in a warm place to prove for around 30 - 40 minutes. Turn on the oven in plenty time for it to heat up to 230°C. Turn the temperature down to 200°C as you put the rolls in.

Bake at 200°C for 15 - 20 minutes.

Cool on a wire rack covered with a cloth.

To serve at breakfast, prove the rolls in the fridge overnight (slide the tray of rolls into a supermarket plastic bag to stop them forming a skin. In the morning put them in a warm place for 20 minutes while the oven warms up then bake as above.