

Barm Cakes

Ingredients

- 500gms strong white bread flour.
- 10gms salt
- 40gms caster sugar
- 10gms instant yeast (or equivalent)
- 40gms unsalted butter, softened
- 320mls cool water



Method

1. Put the flour into a large bowl. Add the salt and sugar to one side and the yeast to the other. Add the butter and $\frac{3}{4}$ of the water, and turn the mixture round with your fingers. Continue to add water a little at a time until you've picked up all the flour from the sides of the bowl. You may not need to add all the water, or you may need to add a little more – you want dough that is soft, but not soggy. Use the mixture to clean the inside of the bowl, folding the edges into the middle. Keep going until the mixture forms a rough dough.
2. Tip the dough onto a lightly floured surface. Knead for 5-10 minutes, working through the initial wet stage until the dough starts to form a soft, smooth skin.
3. When your dough feels smooth and silky, put it into a lightly oiled large bowl. Cover with a tea towel and leave to rise until at least double in size – at least 1 hour.
4. Once the dough is risen, tip it out onto a lightly floured surface. Fold it inwards repeatedly until all the air is knocked out and dough is smooth. Divide the dough into 12-13 pieces, each weighing about 70gms. Roll each one into a smooth ball.
5. Put the rolls back onto a heavily floured surface and leave to rest for 30 minutes. Meanwhile, prepare your baking trays – you will need at least three – by lining them with baking parchment or silicone paper.
6. Once rested, roll out the dough balls using a floured rolling pin, until they are twice their original diameter. Lift onto the prepared baking trays, spacing them apart to allow room for spreading, and sprinkle with flour. Put each tray inside a clean plastic bag and leave to prove for about 1 hour, until the dough is doubled in size and springs back quickly if you prod it lightly with your finger. Meanwhile, heat the oven to 210°C.
7. When the barm cakes are very light and airy, bake them for 10 minutes only, then leave them to cool on the baking trays. Once cooled, store in a lidded container to keep them soft.

NOTES

- a) These are sweet rolls so you might want to try them with only half the sugar.
- b) This makes them just a bit bigger than a 'normal' burger and quite flat so you might want to use about 80gms for each one and not then roll them quite as flat before the final prove.