

Quick Sonntag Brotchen

Ingredients

- 7g dry, 21gm fresh, 1/2 cube of yeast
- ½ tbsp honey
- 1½ tsp salt
- 300 ml of warm water
- 500g strong bread flour
- **Optional** - 250 g spelt flour (whole grain), or rye flour to replace half of above.



Method

1. Mix the yeast with the honey, add water and leave to ferment for about 10 mins.
2. Mix the flour and the salt then mix this in with the liquid. Knead for 6-10 minutes. If the dough is too sticky, add some additional flour.
3. Form the dough into a ball and place it into an oiled bowl and cover with plastic wrap or a damp tea towel until doubled in size.
4. Turn the dough onto a lightly floured work surface and form into a lot. Cut into 75gm pieces with a bench knife or spatula (use scales weigh a few to make sure). This will make approx. 30 rolls.
5. Let the pieces rest for a few minutes, then form them into balls or any other shape you like. Coat with flour and place on parchment paper about 2 inches apart. Cover with a damp tea towel and let them rise for a further hour.
6. Preheat the oven to 230C and place an old pan in the bottom.
7. Slash the rolls with a serrated knife along their length and place them in the centre of the oven.
8. Pour some water into the old pan to form steam.
9. Bake for 20-30 minutes, turning the baking sheet if necessary for even browning. After 20 minutes they are still relatively soft, but after 30 minutes they become really nice and crispy.
10. Cool on wire racks so that the bottoms don't get soggy.

Notes

Instead of wheat flour you can also use rye flour or only spelt flour. Grains etc. can be added as desired.