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PASTRIES – LESSON 1

Buns/ Bread Rolls

Ingredients:

Flour – 500 g
Yeast – 2 tsp (Mauripan yeast)
Sugar – 50 gr
Salt – 1 tsp
Butter – 50 gr
Water – 250 ml + 25 ml
Egg – 1 (one egg for glazing)

Method:

To make the bun dough first mix flour, yeast, sugar together. Now make a well in the middle and add water little by little & take side by side the flour and make the hard dough. Now add the butter and salt onto it and knead to make soft dough. If the water is insufficient add water until the dough becomes soft. Knead the dough for 10 mins & cover with the wet damp cloth for ½ hour. After 30 mins punch the dough and make a ball and keep for another half hour. Now divide the dough for the samples and make balls and keep for 15 to 20 mins. After which roll out the bun samples and bread rolls and keep on the baking tray add the filling and keep for another 10-15 mins or until rises up. Pre-heat the oven for 180-200 degrees and bake for 15-20 mins.