

## Seeded Bread Rolls

Makes 6 rolls

### Ingredients

250g/9oz Glutafin Select Fibre Bread Mix  
1 ½ x 5ml tsp dried yeast  
50g/2oz butter, melted  
175ml/6fl oz hand hot water  
50g/2oz mixed sesame, pumpkin, sunflower, poppy and linseeds

### Method

Pre-heat oven 190oC/170oC Fan/375oF/Gas Mark 5

1. Place the Glutafin Bread Mix into a medium size bowl with the remaining ingredients. Stir with a fork to make a smooth runny batter.
2. Scrape batter into the bottom of the bowl, cover with a damp tea towel and leave to prove in a warm place for 1 hour, until the batter has spread and is full of air bubbles.
3. Stir batter with a fork and spoon onto a work surface lightly dusted with Bread Mix. Knead dough until smooth and cut into 6 even pieces. Roll each piece of dough lightly between the palms of the hands, dusted with Bread Mix to give 6 rounds.
4. Rest on a baking sheet lined with greaseproof paper. Brush rolls with the melted butter and sprinkle with the poppy seeds.
5. Cover with oil cling film. Leave to prove in a warm place for a further 30 minutes, until the rolls have spread and risen a little.
6. Remove film and bake until the bread is golden and crisp.

### Topping

1 x 15ml tbsp melted butter for brushing  
1 x 15ml tbsp poppy seeds for sprinkle

**Preparation time 20 minutes**

**Proving time 90 minutes**

**Cooking time 15 - 20 minutes**