

Dinner Rolls and Hot cross buns

Take you time to make these the first time and you will be rewarded with nice fluffy rolls

Bowl one (small):

2 ½ teaspoons yeast (or one satchet)

1 tablespoon sugar

1/3 cup warm milk.

Bowl two small:

1 ½ tablespoons melted plant-based butter (full fat)

1 beaten egg

Bowl three small:

2 tablespoons Psyllium

1/2 cup warm water

Bowl four (Large)

1 1/3 cups tapioca flour

1 cup millet flour

3 tablespoons light buckwheat flour

1 teaspoon xanthium gum

2 teaspoons baking powder

1 teaspoon salt

(for hot cross buns add ½ teaspoon all spice, 1 teaspoon cinnamon and ½ cup sultanas(opt))

First make the first two small bowls and set aside for 10 mins. Then the third bowl 5 minutes later.

In the large mixing bowl mix all the dry ingredients together, then one at a time pour the contents of all three small bowls into the centre of the flours. The Psyllium will be quite thick. Knead all ingredients until a ball is formed, then knead again for 5 – 10 mins until smooth and pliable. Form into 8 rolls. If making dinner rolls, I baste with egg wash, then sprinkle with vegan cheese and paprika and if they are hot cross buns, use a sharp knife to cut a cross on each one, baste with egg wash and sprinkle with sugar and cinnamon. Place the rolls in a baking tin lined with baking paper. Leave in a warm place for about 2 hours and they will double in size, Bake at 190 for about 20-25 mins. Eat straight away or freeze when cool. They freeze well and can be quickly reheated in oven or microwave.

