



1. Lightly grease a large bowl with oil and set to one side. Reserve 1 tbsp of the ground linseed (**bag 1**) to use for sprinkling later. In a clean large bowl (not the greased bowl), add the remaining ground linseed, and the oat bran (**bag 2**). Cover with 120ml of boiling water, stir, and set aside for 10 minutes or until the linseed and oat bran have absorbed the water. While you wait, gently warm 220ml of milk (if you have a thermometer this is about 40°C), if the milk is too hot, the dough will not rise.



2. To make the dough, add the flours, sugar, and salt (**bag 3**), the strong white flour (**bag 4**), and the yeast (**bag 5**), to the bowl of soaked ground linseed and oat bran. Reserve 2 tbsp of the rolled oats (**bag 6**), and add the remaining oats to the bowl. Stir thoroughly. Don't worry if the dough is lumpy at this stage.



3. Make a well in the middle, add both eggs, and 200ml of the warm milk. Use a wooden spoon to bring the mixture together, you may need to add up to 20ml more milk. The dough should be slightly sticky.



4. Turn the dough out onto a lightly floured surface (**flour for dusting**), knead the dough for 8-10 minutes, until smooth and elastic. Put the dough into the greased bowl (from **step 1**), cover with cling film or a damp tea towel, and leave to prove in a warm place for 60-90 minutes, or until doubled in size. Line trays with the provided baking paper, and leave to one side.



5. Once the dough has risen, tip it out onto a clean surface and knead a few times to knock the air out. To shape the rolls, divide the dough into 12 equal pieces (an approximate weight per roll is 95g). Shape your hand like a claw, and with the dough on a flat surface, roll each piece of dough in a circular motion until the top is smooth.



6. Put the rolls onto the prepared trays, close enough that once they have proved they join up slightly. Cover with cling film, or a damp tea towel, and leave to prove for a further 20-30 minutes, or until doubled in size.



7. Preheat the oven to 220°C/200°C fan/gas mark 7. Once the rolls have proved, brush the tops with milk and sprinkle with the reserved ground linseed and rolled oats.



8. Bake in the preheated oven for 8-10 minutes, then reduce the oven temperature to 200°C/180°C fan/gas mark 6, and bake for a further 12-15 minutes. When baked, the base of the rolls should sound hollow when tapped. Leave to cool on a wire rack for at least 15 minutes before tucking in.

TOP TIP

Make a BLT roll for the perfect summer picnic lunch.

SKILL LEVEL	PREP TIME	BAKE TIME	MAKES
	25 MINS + 80-120 MINS PROVE	20-25 MINS	12

IN THE KIT

Bag 1: 30g ground linseed

Bag 2: 40g oat bran

Bag 3: 170g wholemeal bread flour, 100g strong white flour, 15g caster sugar, 1 tsp salt

Bag 4: 300g strong white flour

Bag 5: 2 tsp yeast

Bag 6: 60g rolled oats

Flour for dusting: 50g strong white flour

2 x A4 baking paper

VIDEO

[Bakedin.co.uk/multigrain-rolls](https://bakedin.co.uk/multigrain-rolls)

YOU WILL NEED

120ml boiling water

220ml warm milk plus extra for glazing

2 medium eggs

oil for greasing

2 x baking trays

STORAGE

Once cooled, store in an airtight container or in the freezer for up to 3 months.

INGREDIENTS

Strong white bread flour: (**wheat** flour, statutory nutrients: calcium, niacin, iron, thiamin), **wholewheat** flour, **oats**, **oat bran**, organic ground linseed, caster sugar, yeast (yeast, emulsifier: sorbitan monostearate), salt (salt, anti-caking agent: sodium ferrocyanide).

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1489kJ/352kcal
Fat	3.7g
of which saturates	0.4g
Carbohydrates	61g
of which sugars	3g
Protein	14.5g
Salt	0.89g

Allergens: For allergens see ingredients in **bold**.

May contain: **milk, soya & nuts**.

Best before: see sticker. Store in a cool, dry place.

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OR



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750g

MULTIGRAIN ROLLS

