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Laminated Rolls

(makes 6 rolls)

This is a classic technique that will strengthen the gluten in your dough, contributing to a bigger crumb texture (bigger holes in your bread!). You can use this recipe to make both filled rolls and whole loaves.

You can use almost any combination of fillings from herbs, spices, nuts, seeds and cheese!

To demonstrate I am using a combination of fresh herbs, Parmesan cheese & savoury granola - I have linked the recipe in the bonus recipe section.

I like to use these as mini rolls to serve with soup as a starter, when feeding a crowd..

Important Note: You can increase the hydration of this dough by increasing the water content by 10-12%. This will result in a softer dough with more holes

INGREDIENTS

Dough

360g Organic Strong White Flour

150g fresh activated starter

120ml Filtered water

120ml of milk (of choice)

6g of Himalayan salt

Filling

4 Tbsp of savoury granola

2 tsp of freshly chopped rosemary

2 Tbsp of freshly grated Parmesan cheese



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Olive oil to brush with before baking

Equipment

Oven tray & liner

pastry brush + small bowl

dough cutter

small jug of water

INSTRUCTIONS

Stage 1: Combine all the dough ingredients except the salt

Stage 2: Allow to rest or 'autolyse' for 30 mins

(cover the bowl with plastic shower cap or tea-towel)

Stage 3: Oil & Salt

1. Add 7g of pink Himalayan salt. Mix well.
2. Remove dough & place in a fresh clean oiled bowl (1-2Tbsp of olive oil)
3. Allow to rest for 30 mins (covered with a plastic shower cap or tea-towel)

4. Stage 4: The Letter Folding Stage!

4 Rounds in Total - 30 mins apart

Method:

1. Dust the counter with brown rice flour
2. Place your dough on the counter & spread out as much as possible in a rectangular shape with your hands
3. On the upper top side, pull the dough up & out in a stretching motion. Fold it back on to itself & into the middle. Now do the same on the opposite long



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edge. Then fold the short edge into the centre & then do the same on the opposite short edge. You should end up with a smaller folded 'letter'.

4. Flip it over & do the same on the other side

4. Place back in the oiled bowl, covered with a plastic shower cap or tea towel, for 30 mins.

5. Repeat this process 3 more times.

5. Stage 5: Forming, Shaping & Proving

1. Dust the counter with brown rice flour

2. Place your dough on the counter

6. The Clock:

Form it into a round shape, then pick up an outside edge & fold it into the middle of the dough, repeat this in a clockwise motion until you end up with a smooth finish underneath. This is known as 'the clock' pulling the dough up & out with your right hand at 12-o'clock at the same time turning it with your left hand to 3-o'clock and pulling the dough up & out. Repeat in the same way all the way around the clock – 12-o'clock, 3-o'clock, 6-o'clock, 9-o'clock

7. Sewing: to build tension

Flip your dough over to reveal the smooth finish. Then flatten it out a little with your hands. Pinch the dough on the top two corners like ears & pull out - crossing over each other repeat in the middle & at the bottom so that create a seam like 'stitch' down the middle.

Then take the top part and roll it half way into the middle & then roll the rest over to the bottom. This will form a neat dough ball. The whole point of these steps is to build tension in the dough so that you get a really good oven spring & rise.



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8. Final shaping

Cup your hands around the dough & on a clean bit of counter top (no flour) pull the dough towards you so that you feel the underside dragging off the counter. This action tightens the outer 'skin' of the dough which will result in a crunchy crust when cooked. Lift it and place back at the starting point. Repeat this action multiple times to get a perfectly smooth outer skin & to build further tension in the dough.

9. Take your proving basket, dust it well with flour (this can be done in advance) & place your dough into the proving basket. Cover & leave to double in size on your counter for 3-4 hours (depending on the temperature)

Lamination Option 1

You now have the option of laminating your dough (after its 3+ hour counter prove following the last stretch & fold) At this point you can laminate it. (see below from no. 11)

Lamination Option 2

After the overnight prove you can now laminate your dough - just make sure you remove from the fridge about 2 hours before starting the process so that your dough is soft & pliable.. (see below from no. 11)

Lamination

11. Splash some water on the counter & then tip your dough out on to it.

12. Get out your oven tray & place the liner on it. Pre-heat your oven to 220C

13. Lamination: This next process is known as lamination.

- Sprinkle the counter with a little water.
- Then tip your dough out onto it.
- Flatten it with your hands.



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- Start stretching your dough out in all directions to flatten it & form it into a large square.
- This will take a few minutes. Your dough will spring back as the gluten is well developed, just keep stretching it out bit by bit. It shouldn't be too thin as it will tear and won't take the weight of more substantial fillings

14. Fillings:

Depending on your chosen fillings you can now scatter your chosen fillings onto your dough. For this recipe & my demonstration video, I am using grated parmesan cheese, freshly chopped rosemary & some of my savoury granola (recipe linked in bonus recipe section) If using alternative fillings i.e. nuts, cheese etc just be measured with the portion otherwise the dough will tear if too heavy...

15. Forming & Cutting

Now starting at the top, start rolling the dough (tightly if you can) like a swiss roll, towards you, until you have a long cigar like piece of dough. It will be very soft and fragile.

Taking your dough cutter, cut the dough in into 2.5-3cm sections (or larger if you want larger rolls) equal distance apart. As you cut each piece, using your dough cutter to lift the piece & carefully place it onto the baking sheet. You can twist it a little with your fingers to create a little swirl. (if very sticky wet your fingers to prevent it sticking) Once they are all cut & on the sheet, you can brush with a little olive oil & sprinkle a few sesame seeds on top (optional) – you don't need to toast them as they will toast in the baking process.

Baking

When your oven is up to temperature, place your tray in the hot oven & bake as follows: 220C for 15-20 mins.

Once they are ready, remove from the oven & allow to cool. Enjoy!



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