



Overnight Oat & Granola Wholewheat Rolls Recipe

Overnight Oat & Granola Wholewheat Rolls (makes 12 rolls)

Ingredients

Stage 1: Combine the following:

- 360g Organic Strong White Flour
- 360g Wholewheat Flour
- 300g fresh activated starter
- 480g Filtered water
- * brown rice flour for dusting

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 15g of pink Himalayan salt. Mix really 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)

Stage 4: Add the Granola

1. 200g of Granola (see recipe) + little extra for coating
2. Mix really well – work the oats & seeds into the dough as much as possible
3. Cover & allow to rest for 30 mins

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. Any nut/seed mix that falls off just keep pushing back into the dough.
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 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.

Stage 5: Forming, Shaping & Proving

1. Dust the counter with brown rice flour

2. Place your dough on the counter & using a dough cutter, cut the dough in half. You can use your digital scales to measure each dough ball. Each one should be ca. 750g. Place one ½ aside & start working on the other half.

3. 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

This should form a neat dough ball. This dough will be stiffer as a result of the wholewheat & the nuts/seeds. Shape with your hands into a neat dough ball.

4. More Granola:

Now scatter another handful of granola into the bowl & place your dough on top, roll it around in the granola so that it is completely covered. Take your proving basket, dust it well with brown rice flour (this can be done in advance) & place your dough into the proving basket. Scatter any remaining granola from the bowl on top. Cover.

6. Proving: You have two options:

a) Double Prove: 4+hours counter prove at ambient temperature, followed by an overnight fridge prove (this is what I do) The counter prove will cause the dough to increase in size. Be careful when the weather is warm as your dough can very quickly overprove...

OR

b) Single Prove: just an 8-hour counter prove or an overnight fridge prove.



Cover & place in the fridge overnight (6-8 hours).

*If you don't have a proving basket: place a clean lint free tea towel into your Pyrex bowl. Dust well with brown rice flour. Place your dough ball in the bowl & cover with the lid. Place in the fridge overnight to prove.

Stage 6: Getting Ready To Bake & Baking

1. Preheat your oven to 280C (very hot!) or min. 250C
2. Remove the dough from the fridge
3. If you proved in a Pyrex bowl: Take the lid off the bowl & lift out the tea towel & place on your counter. Carefully lift the dough off the tea towel. (It should be firm enough & easy to handle)

If you proved in a proving basket: remove it from the fridge. Take off the plastic shower cap. With two hands lift the dough out of the basket & place on the counter.

CUTTING YOUR DOUGH INTO ROLLS - NO SHAPING REQUIRED!

1. Cut the dough ball in half, then as if looking at a clock - cut at 2-o'clock and 4-o'clock, you will have three triangles of dough! Do the same on the other half at 8-o'clock and 10-o'clock to get 3 more triangles of dough.
3. Place the triangles on a lined baking sheet. These don't need to be covered
4. Make a small incision at the top of each one.
5. Place in a pre-heated hot oven at 250C for 25 mins OR until well risen & golden brown. If you need to cover with tin foil for the last 5 mins to prevent the seeds from blackening you can do so...
6. Remove & allow to cool on a wire rack.