



White Sourdough Rolls

(using the common loaf recipe)
(makes 12 rolls)

Ingredients

Stage 1: Combine the following:

- 720g Organic Strong White 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 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: 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 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

4. 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.

5. 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.

Put to one side & repeat with the other half. Take your proving basket, dust it well with flour (this can be done in advance) & place your dough into the proving basket. 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. It will form condensation once it hits your warm kitchen air & it is important to dry this off very well (otherwise the dough will stick to it)
4. Once dry, dust it well with flour. Then place back on top of the bowl. Now with 2 hands, invert the bowl upside down so that the dough falls into the lid. Remove the bowl part & peel off the tea towel carefully. Place to the side
5. Using a pastry brush, dust off the excess flour

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

SIMPLE SOURDOUGH ROLLS - NO SHAPING REQUIRED!

When proving is finished now you can cut the dough into triangular rolls as follows:



1. Spray a little water directly onto the counter & place the dough on top (this just makes it easier to handle)
2. 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. You can keep them as triangles or twist them into other shapes. These don't need to be covered
4. Make a small incision at the top of each one. You can brush with olive oil & a sprinkling of salt if you like or a dusting of oat flakes or other seeds of your preference or do neither!
5. Place in a hot oven at 200C-220C for 12 -18 mins OR until well risen & golden brown.
6. Remove & allow to cool on a wire rack.