



ALL'OPERA IN TRENINO DAL 1870

## WHOLEGRAIN BREAD ROLLS



### INGREDIENTS

500 g wholemeal bread mixture  
Approx. 310 ml lukewarm water

### PREPARATION

Pour the mixture and the lukewarm water into a bowl and knead by hand or with a dough mixer, until you have a smooth and elastic mixture (approx. 8 mins.).

Cover with a cloth and leave to rise in a warm room for about 1 hour.

Divide the dough into ten parts and knead each by hand on a floured surface to give it the desired shape.

Place the bread rolls on a baking sheet that is either lined with baking paper or greased with a little oil. Cover with a cloth and leave to stand in a warm room for 15 mins.

Moisten the surface of the dough with a bit of water and place the baking tray on the middle shelf in the oven preheated to 230°C. After 5 minutes, lower the temperature to 200°C and cook for another 15 mins or until they are golden brown.