Savoury bread

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Ingredients

Makes 8

- 300g strong white flour
- ½ x 5ml spoon salt
- 1 x 15ml spoon oil
- 1 sachet quick acting yeast (7g)
- 200ml warm water
- 2 tomatoes
- ½ red onion
- 2 mushrooms
- 50g Cheddar cheese
- 1 x 15ml spoon tomato sauce
- 1 x 5ml spoon mixed dried herbs

Equipment

Method

1. Grease or line the baking tray using the oil.
2. Sift the flour and salt into the mixing bowl.
3. Pour in the oil.
4. Stir in the yeast.
5. Make a well in the centre of the flour and add warm water.
6. Combine everything together into a soft dough with your hand.
7. Turn onto a lightly floured surface and knead for 5–10 minutes until smooth.
8. Place the dough in the bowl. Cover with cling film and allow to rise in a warm place until doubled in size (about 20 to 30 minutes).
9. Preheat the oven to 220°C or gas mark 8.
10. Prepare the other ingredients:
    - chop the tomatoes;
    - peel and slice the onion;
    - slice the mushrooms;
    - grate the cheese.
11. Place the dough onto a lightly floured surface and roll out into a large square.
12. Spread the tomato sauce over the dough.
13. Scatter the tomatoes, onion, mushroom and cheese over the dough. Sprinkle over the dried herbs.
14. Roll up the dough like a swiss roll.
15. Cut into 8 pieces and place on the baking tray.
16. Bake for 10–15 minutes, until risen and golden.
17. Place on the cooling rack until cold.

Top tips

* Use 50% wholemeal and 50% white flours.
* Try different vegetables.

Skills

- Weighing and measuring ✓
- Kneading ✓
- Using the oven ✓

EAT FOR HEALTH

* This is a healthy way to boost your energy levels as a morning or afternoon snack
* Adding various seeds can give you fibre for a healthy gut as well as extra flavour!

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.