

James' Superb Buns

(makes approx. 10 buns)

Thanks to adult mito warrior James Burley-Jukes, who's very kindly provided this recipe for us from his book, Baking Blind. James is partially sighted due to LHON (a form of mito).

INGREDIENTS

- 500g white bread flour
- 330g room temperature water (use an empty tin as most are 330g/ml)
- 8g salt
- 1 sachet (7g) instant yeast

FILLING

- Once baked, a tsp for each of nutella, marmite or cheese

KNEADING

[This video](#) is fantastic and explains well how to knead.

SCALES

As I am visually impaired I use talking scales for all my measuring in recipes, I use the RNIB ones.

1. In a large mixing bowl, combine the flour, salt and yeast. However, never mix salt and yeast, always add the salt first, then the flour and finally the yeast on top, otherwise the salt kills the yeast.

2. Add the water to the dry ingredients and mix well to form a dough.

3. Knead the dough on a floured surface for about 10 minutes until it becomes smooth and elastic (if that's even a word). You can also use a stand mixer with a

dough hook attachment to knead the dough, this will take about 8 minutes on a low to medium speed.

4. Place the dough back in the bowl and cover it with a tea towel. Let it rise on the countertop for about 1 hour, or until it doubles in size.

5. Preheat your oven to 200°C.

6. Punch down the risen dough and turn it out onto a lightly floured surface. Weigh the dough into 80g (75-85g is ideal) pieces and shape each piece into a ball.

7. Cut a simple square of baking paper out and line the base of a lidded casserole dish. Place the dough balls in the casserole dish, leaving some space between them; if you have any leftover balls place on a baking tray.

8. Now place the lid on top of the casserole dish and let the dough balls rise again for about 30 minutes, or until they have doubled in size.

9. Bake the rolls in the preheated oven for 15-20 minutes (10 minutes with the lid on then 10 with it off), or until they are golden brown and sound hollow when tapped on the bottom. Using a lid allows them to get a bit of colour but still remain soft.

10. Remove the rolls from the casserole dish and let them cool on a wire rack.

Your bread rolls are now ready to serve! Enjoy them either warm or at room temperature.

