

# Simmonds Tyres

**BRIDGESTONE**



## ENA'S SCOTCH ROLLS

Andrew's mum, Ena, is from Fife in Scotland and he grew up with her making the best Scotch rolls. She gave Anita the recipe some years ago but they really need to be made with compressed yeast. And apologies for the imperial measurements, but that's just the way we've always made them. Anyway, when we were in Christchurch with Georgia recently we found some at the Riverside market. So, voila - on a wet Sunday afternoon it was vege soup and Scotch rolls on the menu. If anyone knows where you can source compressed yeast from in Rotorua please let Anita know!

### Ingredients

1 oz compressed yeast  
1 tsp sugar  
5 fluid oz vegetable oil (i.e. rice bran or canola oil)  
1.5 pints milk & water  
3 lb flour  
1 tsp salt

### Method

Mash yeast and sugar in a 2 litre jug until it liquefies. Add the oil and milk/water mix.

In a large bowl add the flour and salt. Make a well in the centre and pour in the yeast mixture.

Stir until it comes together in a stiff dough, cover with a damp teatowel and put somewhere warm to rise until double in bulk. (It will take about 2-3 hours).

Once it's risen, punch down and put onto a floured bench. Have 2 x floured trays ready.



Cut dough into pieces (makes 16 rolls or 2 x loaves). If making rolls, shape as per the picture and place on trays. Leave to rise until half the size again.

Glaze with egg wash, sprinkle with sesame or poppy seeds if liked. Cook in a very hot oven with rack slightly above half way. Rolls will take 15 minutes, loaves about 25 minutes.

When cooked, leave to cool on a wire rack so that they don't sweat and go soggy.

These freeze well. I suggest you freeze them in packs of 4 if you're not eating them all within 24 hours.