

Carrot Bread Rolls

Servings	Preparation Time	Rising Time	Baking Time	Oven Temperature
4+ People	25 minutes	25+ minutes	25 minutes	225/440 Celsius/Fahrenheit

This recipe is very similar to the Carrot bread, but a little lighter. More common to have for lunch. Add hard-boiled and sliced eggs, cheese, tomatoes and cucumber on a sliced half. Now you can eat like a Norwegian.



Ingredients

European Measurements	US Measurements
4 dl. whole wheat flour	2 cups whole wheat flour
3 dl. white flour	1 ½ cup white flour
2.5 dl. hot water	1 ¼ cup hot water
50g yeast	1.75 oz. yeast
2 carrots	2 carrots
2 tsp. salt	2 tsp. salt

Directions

1. Pre-measure all the ingredients.
2. Add whole-wheat flour, white flour, salt and shredded carrots into a mixer bowl.
3. Add yeast.
4. Take hot water from your kitchen tap. The water temperature should be between 37-65°C (98-150°F).
5. Start the mixer on very low speed for about 2 minutes
6. Turn the mixer to high speed and let it run for about 12 minutes.
7. Take the dough out to the kitchen counter and let it rest for 5 minutes.
8. Split the dough into 8-9 equal parts. (should be 85g/3 oz. each)
9. Roll them to round balls, and place on a baking sheet
10. Brush them with hot water and roll them in a grain mixture
11. Let the rolls rise for 25 minutes
12. Bake in the oven for about 25 minutes.

You could find out more about this recipe and a video on how to make it at <http://www.chefnorway.com>.

There are lots of delicious recipes on the website with a video showing you how to make every recipe in English. (Click to view)

