

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)

