



Carrot Bread Rolls

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

Servings: 8-10 pieces

Directions

Preparation time: 60 minutes

Baking time: 25 minutes

Total time: 1,5-2 hours

Baking Temperature:

225o Celcius

440o Fahrenheit

Measurements

4 dl whole wheat flour

3 dl. white flour

2.5 dl. hot water

50g yeast

2 carrots

2 tsp. salt

- ☞ Pre measure all the ingredients.
- ☞ Add whole-wheat flour, white flour, salt and shredded carrots into a mixer bowl.
- ☞ Add yeast.
- ☞ Take hot water from your kitchen tap. The water temperature should be between 37-65oC (98-150oF), and it doesn't matter too much. As long as the water isn't boiling it's good to use.
- ☞ Start the mixer on very low speed for about 2 minutes
- ☞ Turn the mixer to high speed and let it run for about 12 minutes.
- ☞ Take the dough out onto the kitchen counter and let it rest for 5 minutes.
- ☞ Spilt the dough in 8-9 equal parts. (should be 85g/3 oz. each)
- ☞ Roll them to round balls, and place on a baking sheet
- ☞ Brush them with hot water and roll them in a grain mixture
- ☞ Let the rolls rise for 25 minutes
- ☞ Bake in the oven for about 25 minutes.