



Recipe of the Month- October 2006

Fresh Olive Rolls – Eliotes

Make 8 Bread Rolls

Ingredients:

- 1 Packet instant dried yeast
- 300ml Luke Warm Water
- 5ml Castor Sugar
- 500g Cake Flour
- 125g Nutty Wheat
- 10ml Dried Mint
- 10ml Dried Oregano
- 7ml Coarse Sea Salt, plus extra to sprinkle
- 45ml Extra Virgin Olive oil, plus extra to drizzle
- 175g Kalamata Olives, pitted

Method:

1. Preheat oven to 220°C
2. Add the flour and nutty wheat into a large mixing bowl and add the instant yeast, salt and herbs. Add the olive oil to the lukewarm water and gradually add this to the flour mixture to form a soft dough, adding a little extra water if necessary. Transfer the dough to a lightly floured surface. Knead for 8-10 minutes until the dough is smooth and elastic.
3. Finely chop 25g of the pitted olives and slice the rest. Knead in the olives until evenly incorporated. Shape into a ball, place in an oiled bowl, cover with oiled plastic and leave to rise for at least 15-20 minutes until double in size.
4. Knock back the dough, divide into 8 and shape each one into a flat round. Place the rolls seam side down on two greased baking sheets, cover with oiled plastic and leave to rise for a further 20 minutes, until double in size. Drizzle the rolls with a little olive oil, sprinkle over some sea salt and bake at 220°C, for 20-25 minutes until risen and golden brown. Cool for a while and believe me it is difficult to wait so dig in while still hot. Yummy!!!



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