Bread rolls

Makes 16 rolls
- 450g (2lbs) strong white bread flour
- 2 1/2 teaspoons of salt
- 2 teaspoons of caster sugar
- 2 1/2 teaspoons of easy-blend dried yeast
- 275ml (9fl oz) milk
- 25g (1oz) butter
- 1 egg

* Heat your oven to 220°C, 425°F, gas mark 7.
* Best eaten on the day you make them.

1. Shake the flour and salt through a sieve into a large bowl. Stir in the sugar and yeast, then make a hollow in the middle.
2. Put the milk and butter into a pan and heat it very gently until the butter has just melted. Take the pan off the heat.
3. Pour the milk mixture into the hollow in the flour. Stir it until it is all mixed and no longer sticks to the side of the bowl.
4. Sprinkle some flour onto a clean, dry work surface. Knead the dough by pushing it away from you with both hands.
5. Fold the dough in half and turn it around. Then push it away from you again. Fold and turn it, then push it away again.
6. Knead the dough until it is smooth and stretchy. Dip a paper towel in oil, then rub it inside a bowl. Put the dough in the bowl.
7. Cover the bowl with plastic food wrap. Leave it in a warm place for about 45 minutes, until the dough has risen to twice its size.
8. Knead the dough again for about a minute, to burst any large bubbles of air in it. Then, divide the dough into 16 pieces.
9. Roll each piece of dough to make a ‘sausage’ about 25cm (10in) long. Tie each one into a knot and put it on a greased baking sheet.
10. Turn on your oven. Rub some plastic food wrap with oil, then cover the rolls. Put them back in a warm place for 20 minutes.
11. Beat the egg in a small bowl, then take the food wrap off the rolls. Brush each roll with some of the beaten egg.
12. Bake the rolls for 10-12 minutes. Leave them on the baking sheets for a few minutes, then leave them to cool on a wire rack.