

## **BRITISH BAPS**

(adapted from [Easy Online Baking Lessons](#))

350 g bread flour

25 g whole-wheat flour

7 g salt

7 g fast-acting yeast

30 g sugar

30 g butter

250 mL water (I used a little less)

Add all ingredients (but hold back a bit of the water, maybe 25 mL or so) to the bowl of a Kitchen Aid type mixer and knead on low-speed for about 8 minutes. If needed, add the rest of the water.

Place in a large oiled bowl and ferment at room temperature for about 90 minutes.

Punch the dough down (delicately) and divide it in 8 equal portions (about 85 g each). Roll each as a tight little bun. Place each roll on a mat lightly coated with flour and flatten it in one direction with a rolling pin, making it into an oval shape. Turn it 90 degrees and do the same. You will end up with a round, more flat type of roll. Do the same for all other buns, then place at room temperature covered with a cloth for 30 to 45 minutes, while you heat the oven to 425 F.

Coat the buns lightly with flour, bake for 12 to 15 minutes. Remove to a rack to cool completely.