



Cold risen breakfast buns

12 buns:

1/4 packet organic yeast about 12 g
5 dl cold water
2 tablespoons olive oil
1 pinch sugar
1 teaspoon salt
About 10 dl wheat flour

How to make:

Dissolve the yeast in some of the cold water. Stir until all the yeast has dissolved. Add the rest of the water, oil, sugar and salt.

Add the flour, a little at a time while stirring. The dough should still be fairly loose.

Cover the bowl with plastic wrap and let stand in a room temperature while you clean the kitchen.

Put the bowl in the refrigerator and leave it there overnight.

Take out the dough and set the oven at 250°C.

Set a baking tray at the bottom of the oven.

Put the dough on a floured table. Form into a long roll without kneading the dough.

Divide it into 12 equal pieces and fold in the end pieces and shape into a round, tight bun.

Place the buns on a baking tray with baking sheet.

When the oven is hot, put the baking tray with the buns in the oven and pour a glass of cold water in the frying pan underneath. Close the oven door quickly so that the steam remains.

Bake for about 15 minutes or until the breads has a nice colour on both the bottom and top.

Let them cool before serving.