



BUCKWHEAT SODA BREAD ROLLS

Ingredients

- 300g Buckwheat Flour
- 200g Self-raising Flour
- 90g Rolled Oats
- 10g Baking Soda
- 2 Tsp Salt
- 60g Butter
- 320ml Buttermilk
- 75g Honey

Prep Time

- Prep: 15 minutes
- Baking: 25 minutes
- Total: 40 minutes

Preparation- Makes 20

1. Preheat your oven to 175 deg C / 347 deg F and prepare 2 baking trays- line them with baking paper.
2. Sieve the self raising flour into a mixing bowl. Cube the butter and rub it into the flour until they resemble breadcrumbs.
3. To that add the buckwheat flour, rolled oats and salt and mix everything to combine and flour your work surface at this stage.
4. Make a well in the dry ingredients and add the honey and buttermilk. Using your hands bring the dough together, it is sticky but gather it as best as you can and transfer, half of it to the floured surfaced.
5. Don't knead the dough, simply flour it's surface and pat it down into a thick disc.
6. Use a sharp knife to cut 6 portions each, roll each piece into a ball and place on the prepared baking tray. Repeat with the other half of dough. Bake for 25 minutes, until golden..