

# Flower Rolls with Sesame seeds

(芝麻花卷)

## Ingredients:

Plain Flour	150g
Active Dried Yeast	1 level tsp
Sugar	30g
Warm Water	60ml
Fresh Milk	2 Tbsp
Browned Sesame Seeds	1.5 tbsp
Vegetable Oil	1 tsp
Greaseproof Paper (8cm X 6cm)	6 piece
*diced ham, diced spring onion	a small portion (optional)

## Method:

1. Prepare a steamer.
2. Sieve flour, yeast and sugar together. Make a well in the centre; add warm water and milk to make soft dough.
3. Sprinkle flour on a table and knead the dough for 3 minutes until it is smooth.
4. Roll the dough into rectangle (about 20 X 30cm).
5. Brush the dough with vegetable oil. Roll it from the long side to form a long roll. Cut it into 12 pieces.
6. Take two pieces. Place one piece on top of the other. Use a wooden chopstick to press down firmly in the centre.

7. Pinch two ends and turn backwards until they meet. Put them on a piece of greaseproof paper with the pinched ends facing downwards.
8. Sprinkle sesame seeds on top.
9. Leave the roll to rise for 20 minutes.
10. Team the rolls for 10 minutes over high heat.

**\*Sprinkle some diced ham/ spring onion onto the rectangular piece of dough before rolling (step 5) will make the “Flower Rolls” more delicious.**