

# 100-CALORIE BREAK TIME SNACKS FOR SCHOOL





## WHY 100-CALORIE SNACKS?

In January 2018, Public Health England (PHE) launched the first Change4Life campaign promoting healthier snacks.

PHE identified that half of children's sugar intake, around 7 sugar cubes a day, comes from unhealthy snacks and sugary drinks leading to obesity and dental decay.

PHE also identified that on average, children are consuming at least 3 unhealthy snacks and sugary drinks a day, with around a third consuming 4 or more. The overall result is that children consume three times more sugar than is recommended.

The new Change4Life campaign was launched to encourage parents to "Look for 100 calorie snacks, and limit it to two snacks per day".

Many school caterers are also following this guidance and have come to Premier Foods for break time snack inspiration.

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## INTRODUCTION

At Premier Foods, we understand the importance of creating solutions that respond directly to the feedback from school caterers and create refreshing and modern menu options. Combining our knowledge of The School Food Plan, change4life guidance and your suggestions, we have created a book filled with recipes and tips, helping you to make the most of school snacks.

We wanted to get our customers involved, asking caterers what they needed to improve or offer diverse snacks in school. From McDougalls Naan Bread to the Paxo Egg & Vegetable Wedge, we've packed this book full of recipes, not only inspired by popular trends but also keeping in line with the latest change4life guidance. At around 100 calories each, the result is a set of break-time nibbles which are nutritious, tasty and sure to be a hit with pupils.



## PREMIER PRODUCTS USED

For over fifty years Premier Foods have been inspiring caterers with our comprehensive range of easy to use products..

## THE PRODUCTS FEATURED IN THIS BOOK ARE:



**McDougalls  
Soft Bap Mix**

Our flour based mixes reduce cost and complexity, requiring you to only add water to make a versatile dough. The fast acting yeast means it only needs proving once. These products are suitable for vegetarians and are RD 2017 salt compliant.

Our McDougalls Soft Bap mix can be used in both sweet and savoury dishes, while our Hovis best of both is rich in calcium and a good source of fibre.



**Hovis Best of Both  
Bread & Roll Mix**



**Paxo Sage & Onion  
Stuffing Mix**

Suitable for vegetarians. Low fat. Low sugar. No artificial colours. No artificial preservatives. No added MSG



**Homepride  
Smoky BBQ Sauce**

A rich BBQ sauce, which can be used hot or cold. Storage is ambient while unopened, and will keep for up to five days if refrigerated once opened.



95

Calories  
Per Serving

# BREAD CONES WITH HUMMUS SALAD



PREPARATION:  
10 mins



COOKING TIME:  
20 mins



PORTIONS:  
20

## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Cold water
- 200g Hummus  
(Remember: Check for allergens)
- 200g Carrot, grated
- 200g Yellow pepper, sliced
- 100g Spinach washed and shredded
- 200g Red cabbage, washed and shredded



"This simple idea is a great way to wrap and display the filling within the bread. Cones can be served with a hot or cold filling."

## METHOD

1. Make up the Hovis Bread Mix. Place the mix in a bowl fitted with a dough hook and blend in the water on a slow mix for 1 minute. Continue to mix for 6 minutes on medium speed.
2. Divide the dough into 20 even pieces then roll each one into a thin circle. In a hot pan place the flatbreads and cook for 2-3 minutes on each side until cooked.
3. To make a cone, make a cut from the edge to the centre of the flatbread. Spread the hummus on one half. Top with carrot, yellow pepper, spinach then red cabbage. Roll to make a cone.



## TOP TIPS

Why not try other dips or vegetables to fill the cone?  
How about a ham salad filling, or a spicy slaw?

Nutrition Per Serving			
Energy	95kcal	Salt	3.4g
Fibre	2.3g	Fat	3.1g
		of which saturates	0.4g
Protein	3.2g	Carbohydrate	12.7g
		of which sugars	1.7g

Allergens	Wheat (Check Hummus for allergens)
May contain	Egg, Milk, Soya
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



100

Calories  
Per Serving

# BBQ CHICKEN PIZZA



PREPARATION:  
15 mins



COOKING TIME:  
10 mins



PORTIONS:  
20

## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 300g Homepride Smoky BBQ Sauce
- 300g Cooked chicken breast, sliced
- 100g Peppers, sliced
- 75g Red onion, sliced
- 10g Fresh coriander, chopped (optional)



"These small individual pizzas are easy to make and taste great."

## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Place the Hovis Best of Both Bread & Roll Mix in a bowl fitted with a dough hook. Add 370ml warm water. Blend for 1 minute on slow, then turn up the speed to medium and continue to mix for 6 minutes.
3. Once mixed, divide the dough into 20 portions, and roll each portion into a small pizza base.
4. Place the pizzas on a baking sheet, prick with a fork and leave in a warm place to prove for 10-15 minutes.
5. After they have proved, spread the Homepride BBQ Sauce on top of each base. Top with the sliced chicken and sliced red onion.
6. Bake for 10-12 minutes or until cooked through.
7. Remove from the oven, sprinkle with fresh coriander and serve warm



## TOP TIPS

To make this a vegetarian dish, swap the cooked chicken for 300g mixed sliced peppers and 100g grated cheese.

Nutrition Per Serving			
Energy	100kcal	Salt	0.55g
Fibre	1.6g	Fat	0.9g
		of which saturates	0.3g
Protein	7.1g	Carbohydrate	15.1g
		of which sugars	4.5g

Allergens	Barley, Soya, Wheat
May contain	Egg, Milk, Sesame
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



99

Calories  
Per Serving

## NAAN BREAD

"This simple naan recipe is great as part of the 100 calorie break time snack, but would also work well as part of a lunchtime offer. You can oven bake for ease, or cook in a pan or under the grill for an authentic finish. The appearance will be different depending on the method of cooking."



## METHOD

1. If you are oven baking the naan, pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Place the McDougalls Soft Bap Mix into a mixer bowl fitted with a dough hook. Add the yogurt and onion seeds or cumin seeds into the bowl.
3. Gradually pour in the warm water and mix on a slow speed for 1 minute. Then increase to medium speed for 7 minutes.
4. Divide the dough into 20 equal portions, and then on a lightly floured board roll each portion into a tear shape and place onto a greased baking sheet.
5. Leave the naan breads to prove in a warm place for about 10 minutes.
6. The next instruction will depend on your method of cooking:
  - **TO BAKE:** Place in the pre-heated oven for 8-10 minutes or until the naan breads are golden and well risen.
  - **TO COOK ON A PAN:** Pre heat a pan until it is hot, then place the proven naan into the pan and cook for 2 minutes each side or until it has bubbled and cooked through.
  - **TO GRILL:** Place on a tray under a hot grill for 2- 3 minutes each side.



## INGREDIENTS

- 450g McDougalls Soft Bap Mix
- 50g Yogurt
- 5g Onion seeds or cumin seeds (optional)
- 275ml Warm water
- 30g Butter or margarine
- 5g Fresh coriander or parsley



## TOP TIPS

You can use the same method to make 5 large naans (to be cut into portions), or make 10 medium sized naans and cut them in half. You can add some freshly crushed garlic and some fresh coriander to the dough if you wish.

## Nutrition Per Serving

Energy	99kcal	Salt	0.55g
Fibre	1.5g	Fat of which saturates	0.9g 0.3g
Protein	7.0g	Carbohydrate of which sugars	14.8g 4.3g

Allergens	Milk, Wheat
May contain	Egg, Soya
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



98

Calories  
Per Serving

# MCDUGALLS FRUIT AND CINNAMON BREAD KNOTS

"This small sweet bread treat is easy to make, and perfect for morning break or part of the breakfast offer."



PREPARATION:  
10 mins



COOKING TIME:  
10 mins



PORTIONS:  
22

## INGREDIENTS

- 450g McDougalls Soft Bap Mix
- 290ml Warm water
- 3g Cinnamon
- 150g Sultanas

## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Place the McDougalls Soft Bap Mix and cinnamon in a bowl fitted with a dough hook.
3. Add in the warm water on a slow speed for 1 minute. Continue to mix on a medium speed for a further 7 minutes, then add the dried fruit and mix on a slow speed until fully incorporated.
4. Divide into 22 portions, (40g each) then roll each one into a long thin sausage, and fold into a knot.
5. Place on a non-stick baking tray and leave to prove for about 20 minutes or until the dough has doubled in size.
6. Bake for about 10 minutes, or until fully cooked through.



## TOP TIPS

You can swap the sultanas for another dried fruit. Also look at swapping the cinnamon for the grated zest of a lemon or orange.

## Nutrition Per Serving

Energy	98kcal	Salt	0.35g
Fibre	1.3g	Fat	1.1g
		of which saturates	0.4g
Protein	3.0g	Carbohydrate	18.5g
		of which sugars	7.4g

Allergens	Wheat
May contain	Egg, Milk, Soya
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



100

Calories  
Per Serving

# EGG AND SPINACH ROLL



PREPARATION:  
10 mins



COOKING TIME:  
10 mins



PORTIONS:  
20

## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 500g Eggs (10)
- 75g Light mayonnaise
- 100g Fresh spinach, washed



"This mid-morning roll idea is great for those looking for a light snack before lunch."

## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Place the Hovis Bread Mix in a bowl fitted with a dough hook. Add in the warm water, then mix on a slow speed for 1 minute. Continue to mix on a medium speed for a further 6 minutes.
3. Divide into 20 portions and roll and shape into rounds.
4. Place on a baking sheet, and leave in a warm place to prove for 20-25 minutes.
5. While the bread is proving, cook the eggs. Place the eggs in cold water, bring to the boil, and cook for 6 minutes to get a hard-boiled egg. Remove the eggs from the heat, place under cold running water to cool, then shell them. Once shelled, chop and mix the eggs with the mayonnaise.
6. Once the bread is proved, bake for 8-10 minutes or until cooked through.
7. Split the rolls on the top and fill with the spinach and egg mayonnaise to serve.



## TOP TIPS

You can swap the spinach for salad cress or mixed leaves.

Nutrition Per Serving			
Energy	100kcal	Salt	0.32g
Fibre	1.3g	Fat	4.1g
		of which saturates	0.9g
Protein	5.3g	Carbohydrate	10.3g
		of which sugars	0.4g

Allergens	Egg, Wheat
May contain	Milk, Soya
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



92

Calories  
Per ServingCHEESE AND ONION  
BREAD KNOT

“These cheese and onion knots are a real tasty treat and great served warm. I like to add the onion seeds as they add an extra layer of flavour and they add a nice finish to the appearance.”

## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Place the Hovis Best of Both Bread & Roll Mix in a bowl fitted with a dough hook. Add the warm water, then mix on a slow speed for 1 minute. Continue to mix for 5 minutes on medium speed.
3. Add 150g of the grated cheese and all the diced onion and onion seeds and mix for a further minute.
4. Divide into 20 portions then roll into a long thin sausage, and fold into a knot.
5. Place on a baking sheet and leave in a warm place to prove for 20-25 minutes. Sprinkle with the remaining cheese.
6. Bake for 8-10 minutes or until cooked through.



## TOP TIPS

You can also make this recipe as finger or bridge rolls, or as a tray bake and serve cut into squares or triangles.

## Nutrition Per Serving

Energy	92kcal	Salt	0.32g
Fibre	1.4g	Fat	3.2g
		of which saturates	1.8g
Protein	4.3g	Carbohydrate	10.9g
		of which sugars	1.2g

Allergens	Milk, Wheat
May contain	Egg, Soya
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



PREPARATION: 10 mins  
COOKING TIME: 12 mins  
PORTIONS: 20

## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 200g Cheeses, grated
- 100g Red onion, diced
- 5g Onion seeds (optional)



98

Calories  
Per Serving

# EGG AND VEGETABLE WEDGE



“A really tasty egg-based snack. The addition of Paxo adds flavour and also makes its really easy to eat as a hand-held snack. Can be served hot or cold.”



## INGREDIENTS

- 5ml Oil
- 300g Red onions, sliced
- 150g Red peppers, sliced
- 100g Broccoli, cut into small florets
- 250g Canned tomatoes, drained
- 75g Paxo Stuffing Mix
- 450g Eggs, beaten

## METHOD

1. Pre-heat the oven to 170°C, 350°F, gas mark 4.
2. Heat the oil in a pan then fry the onions and peppers until tender.
3. Blanche the broccoli in boiling water for 4 minutes, drain and refresh.
4. Mix the drained tomatoes and stuffing together, add the vegetables and the eggs and combine.
5. Place in a half gastronorm and bake for 25-30 minutes.
6. Cut and serve.



## TOP TIPS

Why not try making a baked bean and cheese wedge? Replace the onions, red pepper, broccoli, and tinned tomatoes with 175g onion, 225g baked beans and 50g grated cheddar cheese.

Nutrition Per Serving			
Energy	98kcal	Salt	0.64g
Fibre	1.3g	Fat	4.8g
		of which saturates	1.3g
Protein	7.1g	Carbohydrate	6.1g
		of which sugars	3.8g

Allergens	Barley, Egg, Wheat
May contain	Celery, Milk
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



92

Calories  
Per Serving

## TOMATO PIZZA TWIST

"So many children love pizza, and the pizza twist looks great. It's easy to serve as a grab and go offer at break-time."



## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 100g Tomato puree
- 10g Fresh basil, chopped
- 150g Cheese

## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Place the Hovis Best of Both Bread & Roll Mix in a bowl fitted with a dough hook and blend in the water, mixing for 1 minute on slow speed. Continue to mix for 6 minutes on medium speed.
3. Roll the dough out to a large rectangle 25cm x 35cm.
4. Spread tomato puree on top, sprinkle over the basil, then top with half the cheese.
5. Fold the top half of the rectangle over, then slice into 1-inch strips and twist each strip to form a twisted breadstick; a pizza twist.
6. Place the pizza twists on a baking sheet and leave in a warm place to prove for 20-25 minutes.
7. Bake for 8-10 minutes or until cooked through.
8. Serve warm.



## TOP TIPS

Feel free to swap the fresh basil for dried basil, or alternatively dried oregano or mixed herbs. You can add the dried herbs to the dough.

## Nutrition Per Serving

Energy	92kcal	Salt	0.32g
Fibre	1.4g	Fat	3.2g
		of which saturates	1.8g
Protein	4.3g	Carbohydrate	10.9g
		of which sugars	1.2g

Allergens	Milk, Wheat
May contain	Egg, Soya
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



96

Calories  
Per Serving

# COURGETTE FOCACCIA WITH HAM AND CREAM CHEESE



PREPARATION:  
10 mins



COOKING TIME:  
25 mins



PORTIONS:  
20

## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 100g Grated Courgette
- 10g Garlic puree
- 5g Rosemary needles
- 400g Cooked ham
- 200g Low fat soft cheese

"The bread really works, flavoured with courgette, rosemary, and garlic, and looks attractive as well."



## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Place the Hovis Best of Both Bread & Roll Mix in a bowl fitted with a dough hook and blend in the water, whilst mixing for 1 minute on slow speed. Continue to mix for 5 minutes on medium speed. Add the grated courgette, garlic, and half the rosemary and mix for a further minute.
3. Take the dough and roll it out into a rectangle approximately 25cm x 35cm. Garnish with the reserved rosemary.
4. Place on a baking sheet and leave in a warm place to prove for 20-25 minutes.
5. Bake for 20-25 minutes until well risen and golden.
6. Once cool, split the focaccia horizontally and fill with the cream cheese and ham, effectively making one giant sandwich. Then cut into portions and serve.



## TOP TIPS

You can swap the grated courgette for grated sweet potato if you fancy a change.  
This can be made as a vegetarian dish by replacing the ham with extra cream cheese and sliced fresh tomatoes.

### Nutrition Per Serving

Energy	96kcal	Salt	0.73g
Fibre	1.5g	Fat	2.4g
		of which saturates	0.9g
Protein	7.5g	Carbohydrate	10.9g
		of which sugars	0.9g

Allergens	Milk, Wheat
May contain	Egg, Soya
Suitable for Vegetarians	No
Suitable for Coeliac	No



100

Calories  
Per Serving

# SPANISH FILLED BREAD



PREPARATION:  
10 mins



COOKING TIME:  
20 mins



PORTIONS:  
20

## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 70g Sliced chorizo
- 5 Eggs, hard boiled
- 200g Cooked ham

“This filled bread is easy to make and the essence of the chorizo seeps into the bread giving a delicious flavour.”



## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. For the dough, place the Hovis Bread Mix in a bowl fitted with a dough hook. Add the warm water and blend for 1 minute on slow. Then blend on medium speed for 6 more minutes. Take the dough and roll it out into a rectangle shape, until the dough is very thin.
3. Place the dough on a baking sheet, then place the chorizo, boiled egg, and ham on one half of the dough. Fold over the other half of the dough and seal the edges. Sprinkle with flour or extra Hovis Best of Both Bread & Roll Mix, and score the top with a knife.
4. Leave in a warm place to prove for 20-25 minutes.
5. Bake for 20 minutes or until well risen and golden. Portion and serve.



## TOP TIPS

If you wanted to make a vegetarian alternative, swap the ham and chorizo for roasted aubergine and pepper slices.

### Nutrition Per Serving

Energy	100kcal	Salt	0.57g
Fibre	1.2g	Fat	3.9g
		of which saturates	1.3g
Protein	6.6g	Carbohydrate	10.1g
		of which sugars	0.4g

Allergens	Egg, Sulphites, Wheat
May contain	Milk, Soya
Suitable for Vegetarians	No
Suitable for Coeliac	No



100

Calories  
Per Serving

# BREAD STICKS WITH CHORIZO & CREAM CHEESE



## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 200g Low fat cream cheese
- 160g Chorizo, thinly sliced  
(Remember: Check for allergens)
- 100g Cucumber, thinly sliced

“This bread stick shaped roll is a great option and easy to fill. To mix things up, try with different fillings.”



## METHOD

1. Pre-heat the oven to 200°C, 400°F, gas mark 6.
2. Make up the Hovis Best of Both Bread & Roll Mix. Place the mix in a bowl fitted with a dough hook and blend in the water, mixing for 1 minute on slow speed. Continue to mix for 6 further minutes on medium speed.
3. Divide the dough into 20 pieces, and then roll into breadsticks.
4. Leave to prove for 20 minutes or until doubled in size.
5. Bake for 8-10 minutes or until cooked through.
6. Once cool, split and fill with the cream cheese, chorizo and cucumber, then serve.



## TOP TIPS

You can swap the chorizo and cream cheese for a tuna and sweetcorn option, using a mix of 600g tuna, 100g sweetcorn and 100g light mayonnaise for variety.

Nutrition Per Serving			
Energy	100kcal	Salt	0.43g
Fibre	1.3g	Fat	4.1g
		of which saturates	1.7g
Protein	4.9g	Carbohydrate	10.3g
		of which sugars	0.6g

Allergens	Milk, Sulphites, Wheat
May contain	Egg, Soya
Suitable for Vegetarians	No
Suitable for Coeliac	No



97

Calories  
Per Serving

# FLATBREADS WITH AN INDIAN SPICED CHICKEN TOPPING



"We marinated our chicken in a 50/50 mix of Sharwoods Tikka Paste and low-fat yogurt."



## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 200g Greek yoghurt
- 10g Mint sauce
- 600g Cooked chicken tikka slices  
(Remember: Check for allergens)
- 40g Lettuce
- 100g Cucumber, sliced
- 100g Tomatoes, sliced

## METHOD

1. Make up the Hovis Bread Mix. Place the mix in a bowl fitted with a dough hook and blend in the water, mixing on slow speed for 1 minute. Continue to mix for 6 minutes on medium speed.
2. Divide the dough into 20 even portions, then roll each one into a thin circle to make a flatbread.
3. Place the flatbreads into a hot pan and cook for 2-3 minutes on each side until cooked.
4. Mix the yoghurt with the mint sauce and reserve until needed.
5. Top each flatbread with yoghurt, chicken, and salad to serve.



## TOP TIPS

For a meat free option, swap the chicken for roasted cauliflower and green beans. Cauliflower roasts beautifully in a touch of oil and Sharwoods Tikka Paste.

Nutrition Per Serving			
Energy	97kcal	Salt	0.41g
Fibre	1.3g	Fat	1.0g
		of which saturates	0.2g
Protein	10.1g	Carbohydrate	10.8g
		of which sugars	1.0g

Allergens	Milk, Wheat. (Check Chicken Tikka for allergens)
May contain	Egg, Soya
Suitable for Vegetarians	No
Suitable for Coeliac	Yes



100

Calories  
Per Serving

# FLATBREADS WITH A MEXICAN TOPPING



PREPARATION:  
15 mins



COOKING TIME:  
15 mins



PORTIONS:  
20

## INGREDIENTS

- 500g Hovis Best of Both Bread & Roll Mix
- 370ml Warm water
- 200g Red onion, sliced (soaked in a little vinegar to pickle)
- 300g Salsa
- 500g Cooked sliced peppers
- 180g Canned black beans, drained
- 50g Fresh coriander

"This Mexican inspired topping is really tasty; a great meat free option that everyone can enjoy. We soaked our onions in a little bit of vinegar to pickle them lightly and bring out that lovely pink colour. You can pickle them in vinegar or lime juice."



## METHOD

1. Make up the Hovis Best of Both Bread & Roll Mix. Place the mix in a bowl fitted with a dough hook and blend in the water, mixing for 1 minute on slow speed. Continue to mix for 6 minutes on medium speed.
2. Divide the dough into 20 even portions, then roll each one into a thin circle to make a flatbread.
3. Place the flatbreads into a hot pan and cook for 2-3 minutes on each side until cooked.
4. Top the flatbread with the salsa, peppers, black beans and onion, and garnish with coriander to serve.



## TOP TIPS

This can be served hot or cold. For a spicier option you can add chillies or jalapenos.

Nutrition Per Serving			
Energy	100kcal	Salt	0.31g
Fibre	4.3g	Fat	0.8g
		of which saturates	0.2g
Protein	4.7g	Carbohydrate	17.2g
		of which sugars	3.0g

Allergens	Wheat
May contain	Egg, Milk, Soya
Suitable for Vegetarians	Yes
Suitable for Coeliac	No



# TOP TIPS FOR BREAD MAKING

## MIXING

- Use lukewarm water, ideally at 30°C. Use colder water if you need the mix to rise more slowly. If time allows, using colder water allows the dough to be made in advance and then stored (covered) in the fridge until needed.
- You can make the dough using a mixer with a dough hook, or by hand.
- Use the correct amount of water as stated on the bag:
  - ♦ Too little water causes the dough to be tight, and a close textured finished product results.
  - ♦ Too much water causes the dough to be sticky, making it hard to handle.
- Knead for the correct time to give the dough a soft, smooth, and elastic texture.
- Keep any extra flour used for shaping to a minimum. Excessive use of flour for shaping and rolling will result in a tough crust. This makes the dough hard to shape. Using a little olive oil on the work surface will avoid this and assist in shaping.
- Rolling the dough out and using round or finger cutters is a quick and accurate way of producing even shaped rolls
- A glaze is not essential, but if required, glaze before proving.

## PROVING

It is important that bread dough is proved in a warm, draught free condition.

Cover the dough whilst rising to prevent it from drying out.

Prove the dough until it has approximately doubled in size.

Rolls will take approximately 15-25 minutes to prove. Loaves will take a little longer at 30-40 minutes. A warmer kitchen will reduce proving times.

## BAKING

Adding steam to the oven during the first five minutes of cooking improves the texture of the dough, and helps with crust formation.

Test to see if the bread is cooked by tapping on the bottom. It should sound hollow. Once the bread is baked, leave it to cool on a wire rack to allow any steam to escape.

Bread should have cooled to room temperature or thereabouts before slicing. Slicing warm bread may result in dragging or tearing of the bread. Use a serrated knife if possible.

## SHAPING

Within this guide we have made different shapes with the bread mix. We have found that experimenting with different shapes can give the finished snack better visual appeal:

- **BREAD ROLL:** Portion the dough, shape into a ball, prove and bake.
- **BREAD STICK:** Portion the dough, roll into a thin sausage shape, prove and bake.
- **BREAD KNOT:** Portion the dough, roll into a thin sausage shape and fold into a knot, prove then bake.
- **MINI PIZZA:** Portion the dough, roll into a flat circle, prove and bake.
- **BREAD TWIST:** Thinly roll all of the dough, spread filling over half the dough, then fold over the other half, cut into strips and twist to make a swirl of the filling, prove and bake.
- **FLATBREAD:** Portion the dough, roll into a thin disk, cook in a pan on the stove top or bake in the oven, without proving.
- **BREAD CONE:** Make the flatbread, make a cut from the edge to the centre, wrap the flatbread around itself to form a cone.
- **NAAN BREAD:** Portion the dough, roll into a tear shape, prove, then bake or cook in a pan on the stove top.

## COMMON PROBLEMS

PROBLEM	SOLUTIONS
The dough is too sticky to handle.	- Too much water has been added to the mix. Add some more bread mix to correct.
The dough feels tight and does not stretch.	- Too little water has been added to the mix. Use the water quantities stated on the bag. - The mix has not been kneaded long enough. - The water was too cold or too hot when added to the mix.
The dough does not rise when left to prove.	- Hot water may have been used. This may damage or kill the yeast. - Cold water will slow the rise of the dough. - The kitchen may be too cold to allow yeast to be activated. If left in a warm place it will eventually rise.
The bread is cooked on the outside but still 'doughy' in the middle.	- The loaf may be too large. Try a smaller loaf. - The oven may be too hot. Use a high temperature at the start of baking and reduce the temperature towards the end of cooking when cooking loaves
The bread is close textured and dry.	- Not enough water added to the mix. - Mixed for too short a time.
The crust is dry and tough	- Too much flour has been used when handling the dough.



## GLAZING

Glazing bread adds the finishing touch. Glazes affect the baked taste, texture, and appearance of the crust.

### PRE BAKING

- Use a very soft brush when glazing bread.
- Washing the crust with egg wash will help it to brown.
- Brushing the dough with milk produces a softer crust.
- Brushing the dough with salted water produces a crisp baked crust.
- Olive oil gives a shiny finish, brush before and after baking.

### POST BAKING

- Brush melted margarine on when the bread is still warm for a shiny finish.
- Brush honey on to produce a soft, sticky crust.
- For a sugar glaze, melt sugar in water and brush over sweet buns.
- Apricot jam can be warmed and brushed over Chelsea buns.

## TOPPINGS

Ideas for finishing loaves and rolls:

- Cracked wheat
- Bran flakes
- Rolled oats
- White flour
- Paprika
- Caraway seeds
- Grated cheese
- Fine cornmeal
- Poppy seeds
- Sunflower seeds
- Herbs
- Black onion seeds



## FINALLY

Each recipe in this book has at least one serving option, resulting in over 25 different 100 calorie snacks. Variety is the spice of life, and with so many recipes to choose from, it's easier than ever to get creative with your nutritious snack options. The recipes are versatile, so get your creative chef's hat on and add or change ingredients for a twist.

Why not change your approach to snack time? It's easy to get stuck in a routine, offering the same options at set times of the week. This book offers the inspiration to adapt your snack-time offers. By using the range of recipes available, you can change your snacks depending on availability of ingredients and any requests from pupils, keeping them interested and engaged with food.

Involve your pupils when deciding which snacks to include on the menu and ask for their feedback to find out which are the most popular once they have tried them. Even get the kids involved in making the snacks if your school has a cookery club, or in their cooking lessons. The more involved they feel, the more likely they are to engage with different ingredients and learn about nutrition.

As food standards evolve, school kitchens across the country are having to adapt whilst continuing to deliver healthy and nutritious snacks to children, and we are here to support you. This book has been designed to help school caterers achieve this in the simplest way possible, offering a collection of tasty, versatile snacks that can be offered to pupils across the UK. Find us on social media at the addresses below and share your pictures and recipes. We'd love to see them!

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