

# Go Wild Pull-apart

## Ingredients:

2 tea spoons dried yeast

½ tea spoon caster sugar

2 cups wholemeal plain flour

1 cup plain flour

1 tea spoon salt

1 table spoon oil

1 ½ cups warm water

## Filling:

Sauce of your choice (sweet chilli, crushed tomato, mustard, chutney etc.)

Herb (sage, basil, rosemary, parsley, rocket)

At least 2 vegetables (silver beet, grated carrot, grated zucchini, capsicum, mushroom, kale, corn, onion etc.)

Extras fetta cheese, olives, tasty cheese, avocado, artichokes etc.

## What to do:

- 1) Combine dry ingredients in a large bowl.
- 2) Make a well in the centre and add oil and water.
- 3) Stir dough with a table knife.
- 4) Turn dough on to a lightly floured surface and knead for 5mins.
- 5) Put dough in a lightly oiled bowl, wrap with a tea towel and place it somewhere warm to prove.
- 6) Preheat oven to 210c. Grease a small cake tin for each table.
- 7) Decide on your fillings 1 sauce, 1 herb and at least 2 vegetables and any extras.
- 8) Prepare fillings.

- 9) Turn dough on to lightly floured bench and knead again.
- 10) Divide dough into 3 or 4 pieces depending on how many tables.(by weight)
- 11) Roll dough out to a big rectangle and then spread the dough with sauce and top with fillings.
- 12) Roll up the dough to enclose filling.
- 13) Slice the dough into scrolls and arrange in cake tins.
- 14) Let the scrolls prove again while you do an excellent clean up.
- 15) Bake in the oven for 10mins, then reduce heat to 180c and cook for another 10mins.