Ingredients

- 3 cups (450g) strong plain flour
- 1/2 tsp salt
- 40g butter
- 1 cup (250ml) warm milk
- 1 tbs (14g/2 sachets) dried yeast
- 2 tsp caster sugar
- Plain flour, to dust

Method

1. Combine flour and salt in a bowl. Add butter; use fingertips to rub butter into the flour until it resembles fine breadcrumbs.

2. Combine milk, yeast and sugar in a jug; set aside for 5 minutes or until frothy. Add to flour mixture; stir to combine. Turn onto a lightly floured surface and knead for 10-15 minutes or until smooth and elastic.

3. Brush a large bowl with oil. Place dough in bowl and cover with a damp tea towel. Set aside in a warm, draught-free place for 1 hour or until dough doubles in size.

4. Preheat oven to 200°C. Punch centre of dough. Turn onto lightly floured surface; knead for 2 minutes or until smooth. Divide dough into eight even portions. Roll each portion into a ball. Place on lightly floured oven tray. Set aside for 10 minutes to rise.

5. Lightly brush rolls with a little water and dust with extra flour. Bake for 5 minutes. Reduce heat to 180°C; bake for a further 15-20 minutes or until rolls are golden brown and sound hollow when tapped on base. Serve warm or at room temperature.

Found in almost every kitchen, milk can do so much more than soak into cereal or temper your tea.