STRONG WHITE
BAKERY SCHOOL

# AIR FRYER BREAD DEMO

**One Dough. Three Delicious Variations.**

Hands-on baking experience · strongwhite.co.uk

## Base Dough

Makes approx. 16 rolls from 1000 g total dough

**INGREDIENTS**

| | |
|---|---|
| Strong white flour | **575 g** |
| Water | **370 g** |
| Milk powder | **15 g** |
| Butter or oil | **35 g** |
| Sugar | **30 g** |
| Salt | **10 g** |
| Instant yeast | **5 g** |

**METHOD**

1. **Mix** — Combine all into a soft dough
2. **Rest** — 10 minutes, covered
3. **Knead** — 2–3 mins until smooth
4. **Rise** — Cover, 45–60 mins until doubled

| DIVIDE | SHAPE | PROOF |
|---|---|---|
| 60 g pieces (~16 rolls) | Tight balls into tray or tin | 30–40 mins until puffy |

### Cheese & Chive

**ADD:**
- Mature cheddar – 115 g
- Fresh chives – 15 g
- Black pepper – pinch

— Fold in before shaping

Finish: melted butter glaze

### Garlic & Herb

**ADD:**
- Dried mixed herbs – 5 g
- Garlic powder – 5 g
- Melted butter – 45 g
- Fresh parsley – 10 g

— Mix herbs into dough

Finish: butter & fresh parsley

### Lemon & White Choc

**ADD:**
- Zest of 1 lemon
- White choc chips – 85 g
- Extra sugar – 10 g

— Fold gently into dough

Finish: light icing sugar glaze

## Air Fryer Method

**170 °C | Preheat first | Lightly spray with water**

Brush with butter immediately after baking

5–6 mins covered + 4–6 mins uncovered = 10–12 mins total

Cover briefly for extra softness

Cover loosely with foil for first bake

Mix → Shape → Proof → **Bake** → Serve

> *One simple dough — three completely different breads.*


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