Stafford Rolls

This bread was produced in Stafford as a tea-bread. It is based on the shape of the Stafford Knot. This recipe was in use in late Georgian times. The Stafford Knot as an emblem dates back to the Stafford family around 1760.

Wet mix	**Dry mix**
370ml whole milk	600g strong white flour
1 egg	200g soft white flour (plain)
60g sugar	Pinch of salt
50g fresh yeast (or dry yeast)	60g soft unsalted butter

Mix the wet mix in a large jug using a whisk. Allow to ferment for 20 minutes.
Mix the dry mix in a large bowl and rub in the butter. Combine the two mixes and work into a smooth dough. Kneed and then rest for at least 30 minutes.





Knead the dough and cut into 100g pieces. Roll out the dough-balls into tubes about 12 inches long and plait into a Stafford knot shape. Place on a baking tray and leave to rest for 30 minutes.

Bake at 180°C for 12 minutes. Paint with melted butter whilst hot then cool on a baking mesh.




Stafford rolls can be eaten plain, with jam and cream or with cheese and pickles. They are also good with consommé soups.