



UNIVERSITY OF
ABERDEEN

The Rowett Institute

Rosehip Bread



MAKES 1 LOAF

100 g rosehip flour
400 g strong white flour
1 tsp of salt
2 tbs of sunflower oil
1 tbs of sugar
10 g of dried active yeast
350 mL of warm water (tepid)

This bread pairs well with rosehip marmalade and rosehip tea.

Nutritional Information per 100g







Energy	Protein	Fibre	Fat	Saturates	CHO	Sugars	Salt
1011 kJ	6.2 g	5.5 g	3.7 g	0.5 g	43 g	3.4 g	0.56 g
240 kcal							

Method

1. Dissolve 1 tbs of sugar in 150 mL of warm water. Sprinkle with 10 g of yeast, whisk and leave at room temperature until the surface is covered with froth.
2. Mix the flours and salt in a bowl, make a well in the centre and drizzle round 1½ tbs of oil.
3. Add the yeast and mix the ingredients together.
4. Add the remaining water a little at a time until a soft, sticky dough is formed.
5. Pour the rest of the oil onto a work surface and knead the dough for 10 minutes.
6. Put the dough in a lightly oiled bowl, cover with cling film and leave at room temperature to rise for 1 hour (until doubled in size).
7. Place the risen dough on a lightly floured work surface and fold it on itself several times to push out the air.
8. Shape the dough into an oval shape, transfer it onto a baking tray lined with baking parchment and leave it to prove in a plastic bag for 1 hour.
9. Preheat the oven to 200 °C / 180 °C fan / gas 6.
10. Just before putting the loaf into the oven, sprinkle the bread with water, dust it with flour and slash it with a sharp blade.
11. Bake for 35 minutes and cool on a wire rack.

Rosehips Facts



-  Rosehip flour is a rich source of vitamin C, which helps the rising action and allows the use of yeast for traditional hand baking instead of fast-action dried yeast.
-  Rosehips grow wild in many places and do not require much cultivation or processing. They can be used fresh or dried for later use.
-  The seeds have tiny hairs that can irritate the digestive tract but can be easily removed using innovative and environmentally friendly 'zero waste' technologies.
-  Rosehips are also rich in carotenoids and are a gluten-free ingredient that can be used in breads, marmalades, baked goods, shakes and smoothies.
-  During WW2 imports of fruits were disrupted and rosehips being a valuable source of vitamin C were processed into syrup and sold in chemist shops.
-  Scottish Government-funded research at the Rowett Institute has shown that 100 g of wild rosehips flour delivers more than 70 % of the Recommended Nutrient Intake (RNI) for calcium, magnesium, manganese, copper, potassium and phosphorus and that the flour is a rich source of fibre and contains a wide variety of bioactive compounds.

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