

Hot Cross Buns!

TRADITIONAL
RECIPE



the source
BULK FOODS

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HOT CROSS BUNS

BUN

- ☐ 4 cups plain flour
- ☐ 14g dried yeast
- ☐ 60g raw sugar
- ☐ 1 heaped tablespoon mixed spice
- ☐ ½ tsp salt
- ☐ 350g mixed fruit (or 300g of our dark chocolate buttons, roughly chopped)
- ☐ 50g butter
- ☐ 300ml milk
- ☐ 2 eggs, lightly whisked

GLAZE

- ☐ 125ml water
- ☐ 60g raw sugar
- ☐ ½ tsp mixed spice

FLOUR PASTE

- ☐ 35g plain flour
- ☐ 4-5 tbs water

TO SERVE

- ☐ Butter

METHOD

To make your buns, combine the flour, yeast, sugar, mixed spice, salt and mixed fruit (or chocolate) in a large bowl. In a small saucepan, melt the butter and then add the milk and heat for 1 minute, or until just warm (be careful not to overheat). Add the warm milk mixture and eggs to the flour mixture. Use a metal spoon to mix until dough just comes together. Turn dough out onto a lightly floured surface and knead, for 10mins, using a little extra flour if necessary, until dough is smooth and elastic. Place dough into a lightly oiled bowl and cover with a clean tea towel. Leave to rest in a warm place for 60-90 minutes, or until doubled in size.

Line a large baking tray with recycled baking paper. Pre-heat oven to 180°C. Turn dough out onto a floured surface, knead for a minute until smooth. Divide dough into 12 equal portions (see note) and shape each into a ball, ensuring they are smooth on the top.

Place balls onto prepared tray, about 2cm apart. Cover with the tea towel and allow to rise again for about 30 minutes, or until doubled in size.

For the crosses for your buns, make the flour paste by combining all ingredients in a small bowl and mixing until smooth. Spoon mixture into a small piping tube. Pipe flour paste over top of buns to form crosses. Bake for 20 to 25 minutes, or until buns are cooked through and golden brown.

To make the glaze, heat the ingredients in a small saucepan, stirring until sugar dissolves. Bring to the boil and simmer for about 5 mins. Brush warm glaze over warm buns. Serve warm, at room temperature, or cut in half and toasted, with butter.

Note: To ensure buns are evenly sized you can weigh the dough and then divide that number by 12. Then you will know how much each piece of dough should weigh.

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