

Ingredients needed for: ____/____/____ Name: _____

ENRICHED DOUGHS

Ingredients

Basic dough

250g strong plain flour
 $\frac{1}{4}$ tsp salt
25g butter
2 tsp sugar
 $\frac{3}{4}$ - 1 sachet dried yeast
1 egg
100 ml warm milk

Swiss buns

1 batch enriched dough
200g icing sugar
pink colouring (optional)
sprinkles to decorate

Chelsea buns

1 batch enriched dough
extra sugar
50g butter/ white fat
75g sugar
1 tsp mixed spice
100 - 150g dried fruit

Equipment

Mixing bowl
Scales
Wooden spoon
Fork
Jug
Baking tray
Baking paper

Extra bowls as required for toppings
Rolling pin

Method

1. Place flour and salt in bowl. Add butter and rub in
2. Stir in sugar and yeast.
3. Beat egg and add to flour mix with about 75 mls of milk.
4. Stir well and mix to a soft but not sticky dough (add more milk if needed)
5. Knead for 5 – 7 mins on a lightly floured board.

Swiss buns

- divide dough into 8 pieces
- shape into oval fingerbuns
- place on greased tray and cover with greased cling film
- put to rise over bowl of hot water in a warm lace
- bake for about 12 mins until golden and set. Hollow sound when tapped on base.
- Put on cooling rack to cool
- Make up icing with a little water(should be thick) and spread a little on each bun
- Decorate as required.

Chelsea buns

- cream fat sugar and spice together
- Roll out dough to 20 x 30 cm on lightly floured table
- Spread fat and sugar over dough and sprinkle dried fruit all over
- Roll up tightly like a swiss roll
- Cut into 8 -10 slices. Lay 1 cm apart on a greased tin.
- Cover with greased cling film and put to rise in a warm place over a bowl of hot water.
- Bake for about 20 mins , set and golden brown
- Dredge with caster sugar. Break apart when cool.