

Hot Cross Buns

Good Friday is the traditional day for eating Hot Cross Buns. The history of these buns goes back to Roman times when little buns were made to welcome the Spring. With the coming of Christianity, a cross was drawn on the top of the buns to represent the crucifixion.

Ingredients

- 250g strong plain flour
- 150 ml warm milk
- 15g fresh yeast (available from school)
- 25g sugar
- ¼ teaspoon salt (available from school)
- 25g butter
- 25g dried fruit (or other flavouring)
- 1 teaspoon mixed spice (available from school)



To make cross (available from school)

- 1 tablespoon plain flour and water to mix to a smooth paste
- Piping bag made from greaseproof paper or plastic bag

Sugar glaze (available from school)

- 1 tablespoon sugar } in a small pan, dissolve sugar in water, boil until
- 3 tablespoons water } thick and syrupy (make whilst buns are cooking)

Method

1. Weight the flour and put it into a large mixing bowl.
2. Measure the milk in a jug, pour into a small bowl, (warm in the microwave for 20—30 seconds). Add the yeast and **1 teaspoon** of the sugar.
3. Add approximately half the flour (about 4 tablespoons) and mix well.
4. Stand the basin in a large pan, containing hot water (not boiling), deep enough to come half way up the bowl. Cover with a lid, and leave mixture to sponge until it fills the bowl (approx. 15 mins).
5. With the remaining flour in the mixing bowl, add salt, and spice. Rub in the butter and add sugar and dried fruit.
6. When the yeast mixture has sponged, pour into mixing bowl with other ingredients. Mix to a soft dough, turn out onto a lightly floured surface and knead well for 5 mins, until elastic and springy.
7. Divide dough into 6 and shape into buns.
8. Leave to rise over a bowl of hot water, covered with a plastic bag, until doubled in size.
9. Heat oven Gas 7/ 210°C
10. Make the paste for the crosses; pour into a piping bag and pipe onto buns just before baking.
11. Bake for 10-15 mins until brown on top. Brush with sugar glaze whilst warm.