

HOT CROSS BUNS

Makes 12 buns

400g Strong white flour
50g wholemeal flour
7g active yeast
50g unsalted butter
1 eggs
25g caster sugar/honey
150ml warm milk
100ml Water
2g salt
3 tsp mixed spice
1.5 tsp cinnamon
100g sultanas
30g mixed peel
zest of a small orange

100g white plain flour
100g water

2 tbsp. sugar/honey
2 tbsp. water



Combine the orange zest and dried fruit in a pot, and pour on enough hot water to cover the fruit. Put aside to soak up some of the liquid. Mix together the flours, yeast, salt and spices. Using your fingertips add the butter and mix into the flour until it resembles breadcrumbs. Combine the warm milk with the sugar, egg and water and mix into the flour to form a dough. Knead until the dough begins to become soft and silky. Place in a covered bowl for 10 minutes to begin to prove. Meanwhile, strain the plumped up dried fruit. Add the fruit to the dough and knead a little to ensure the fruit is well distributed throughout. Form into a ball, and leave in a warm place to prove for 50-90 minutes.

When the dough has doubled in size, scale into 12 even pieces, forming each into a ball. Place the buns on a baking tray lined with baking paper and cover loosely again. Allow the buns to rise for a further 30-45 minutes, until the dough leaves a slight dent when you press it. Meanwhile mix the plain flour with water to make a fairly runny paste. Using a piping bag, or a spoon, drizzle a cross across each bun. Place buns in the oven (preheated 200°C (400°F)) for 20 minutes, until golden. Remove from the oven and glaze with the sugar and water combined. Allow to cool (a bit) before eating.

If you can't get one of the ingredients you can use this as a basis for your own recipe. Any dried fruit will do, and you could even add in nuts. If you don't have milk then just water will be fine. The more wholemeal flour you use, the heavier the bun (as wholemeal absorbs more liquid), so you can compensate with a little more liquid.