

HOT CROSS BUNS



PROCEDURE



INGREDIENTS

- 300ml full-fat milk
- 50g butter
- 500g strong bread flour
- 1 tsp salt
- 75g caster sugar
- 1 tbsp sunflower oil
- 7g sachet fast-action or easy-blend yeast
- 1 egg , beaten
- 75g sultanas
- 50g mixed peel
- zest 1 orange
- 1 apple , peeled, cored and finely chopped
- 1 tsp ground cinnamon

For the cross

- 75g plain flour

For the glaze

- 3 tbsp apricot jam

PREP TIME

- Prep | 30 mins
- Cook | 20 mins
- Ready in | 50
- Serves | 15

01

Bring the milk to the boil, then remove from the heat and add butter. Leave to cool at room temperature. Put the strong bread flour, salt, caster sugar and yeast into a bowl.

02

Make a well in the centre of the ingredients. Pour in the warm milk and butter mixture, then add 1 beaten egg and mix well, then bring everything together with your hands until you have a sticky dough.

03

Knead by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for 5 mins until smooth and elastic. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hr or until doubled in size.

04

With the dough still in the bowl, tip in the sultanas, mixed peel, zest of 1 orange, 1 finely chopped apple and 1 tsp ground cinnamon. Knead into the dough. Leave to rise for 1 hr more in well-oiled cling film.

05

Divide the dough into 15 even pieces. Roll each piece into a ball. Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover (but don't wrap) with more oiled cling film then set aside to prove for 1 hr.

06

Heat oven to 220C/200C fan/gas 7. Mix 75g plain flour with 5 tbsp water to make a paste. Add the water 1 tbsp at a time. Spoon into a piping bag and pipe a line along each row of buns, then repeat in the other direction to create crosses. Bake for 20 mins on the middle shelf.

07

Gently heat 3 tbsp apricot jam to melt and brush over the top of the warm buns.