



Hot Cross Buns



Ingredients

175g mixed dried fruit

Zest of 1 orange

1x7g sachet fast action dried yeast

175g of caster sugar

300ml of semi-skimmed milk, warm

600g strong white bread flour

3tsp of mixed spice

0.5tsp of ground cinnamon

A grating of nutmeg

75g of unsalted butter, softened

1 tablespoon of melted butter

Method

1. Please note: This recipe requires a lot of help from an adult!
2. Mix together the dried fruit and orange zest in a bowl and then set it aside.
3. Put the yeast in a jug with 15g of the caster sugar. Pour over 4 tablespoons of the warm milk and then leave it to foam for 5 minutes.
4. In a food processor, pulse the bread flour, 110g of the caster sugar, a pinch of salt, the mixed spice, cinnamon, nutmeg and softened butter until it resembles breadcrumbs. Tip into a large bowl and make a well in the centre. Pour in the yeast mixture and most of the remaining milk. Mix to a sticky dough and add more milk if you need to.
5. Tip the mixture onto a floured surface and knead for 8-10 minutes until smooth and elastic. Add the dried fruits and zest mixture and continue kneading until combined.
6. Put this into a lightly oiled bowl and cover with oiled clingfilm and leave in a warm

The yolk of one medium egg, mixed with 1tbsp of milk

50g of plain flour

Equipment

Small bowl

Jug

Food processor

Large bowl

A clean surface

A lightly oiled bowl

Oiled clingfilm

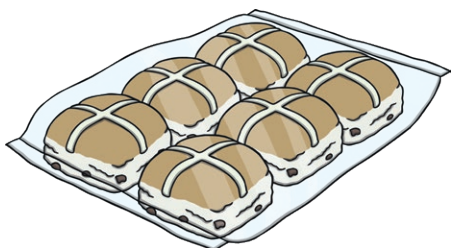
Oven

Baking trays

Greaseproof paper

Wire rack

Small pan



place to rise for 1 hour until it has doubled in size.

7. Press the dough into a rectangular shape. Divide and shape into 16 balls of equal size. Place, almost touching, on baking trays lined with greaseproof paper.
8. Cover them with a damp tea towel and leave in a warm place until they've doubled in size and joined together. This could take up to an hour depending on the temperature.
9. Meanwhile, preheat the oven to 230°C, fan 210°C, gas mark 8. Gently brush the buns with the egg yolk and milk mixture.
10. Mix together the plain flour and melted butter with 4 tablespoons of water to form a paste. Spoon into a piping bag with a plain nozzle and pipe a cross onto the top of each bun.
11. Bake in the oven for 5 minutes, then reduce the oven temperature to 190°C, fan 170°C, gas 5, and bake for a further 10-15 minutes until risen and golden.
12. Remove from the oven and cool on a wire rack.
13. Meanwhile, gently heat the remaining 50g of sugar with 2 tablespoons of water to dissolve. Bring to the boil and then brush the mixture over the buns.
14. Allow to cool completely before serving.