



# Simple Hot Cross Buns



## Ingredients

500g strong white bread flour  
75g caster sugar  
2-3 tsp mixed spice (depending on your taste)  
1 tsp salt (7g)  
2 tsp instant yeast (10g)  
50g unsalted butter  
270g milk  
1 egg beaten  
150g sultanas  
50g mixed candied peel  
2 tbsp golden syrup

### For crossing paste:

90g plain flour  
Pinch (1g) salt  
Pinch (1g) baking powder  
100g water  
15g vegetable oil

## Equipment Needed

2 Baking Trays  
Non-stick baking parchment  
Mixing Bowl  
Kitchen scales

Teaspoon  
Flour shaker (optional)  
Sieve  
Saucepan  
Dough Scraper  
Whisk  
Piping bag  
Soft Bristled Pastry Brush  
Oven gloves  
Cooling rack

## Method

### THE DAY BEFORE THE ZOOM CALL

1. Weigh out the sultanas and mixed peel. Cover with water and soak for 12-15 hours.

*If you don't soak the fruit, any sultanas on the outside of your buns will burn in the oven giving your finished buns an unpleasant bitter taste.*

### ZOOM SESSION 1 - 10am

2. Drain the fruit that you have been soaking and set aside.
3. Put the flour, sugar and spice in a large bowl and mix together. Then add the yeast and salt to opposite sides of your bowl.
4. Melt the butter in a pan. Add the milk to the melted butter.

*If your milk is very cold out of the fridge, the butter may start solidifying again. If so, just leave it on a gentle heat for a few moments to ensure it is liquid. You want the milk and butter to be warm but not hot.*

5. Add the beaten egg and the milk and butter to your dry ingredients and use your hand to bring it together into a dough.

*You want a soft but not sticky dough. Different bags of flour vary in the size of particle and therefore how much liquid they absorb. You may need to adjust at this stage. The best way of doing so is not to add all the milk at once and stop adding once the desired soft dough is achieved. If you have gone too far, do add a little more flour.*

6. Tip the dough onto a lightly floured surface and knead for 8 minutes or so. Then add the drained fruit and continue folding over to distribute evenly through your dough.

*Don't overwork the dough at this stage as it will cause the fruit to "bleed" into the dough, imparting an unappetising grey hue to your finished buns.*

7. Lightly grease a clean bowl. Place your dough in the bowl, cover and leave to rise until doubled. This should take approximately an hour if left in a warm place, such as an airing cupboard.

*I would normally recommend leaving your dough to rise at room temperature. This will take longer, but will enhance the final flavour. For today, we will speed things up a little!*

BREAK

ZOOM SESSION 2 - 11:30am

8. Divide the dough into 12 equal portions. Shape into rounds continually tucking the outer skin underneath to tighten the structure. Place the buns on a lined baking tray.

*The buns should be placed close together so that they touch as they prove. This is called "batching".*

9. Leave to prove until approximately doubled in size - about one hour.
10. Sieve the flour, salt and baking powder for the crossing paste into a bowl. Add the water and oil and whisk until shiny. Set aside.

BREAK

ZOOM SESSION 3 - 12:45pm

11. Put the crossing paste into a piping bag. Snip a fine opening in the end of the bag and pipe over the crosses.

*Pipe fine crosses as the mixture will flow and spread during baking.*

12. Bake for 15 minutes at 220°C, gas mark 7.
13. While the buns are baking, put the golden syrup into a small saucepan and gently warm to loosen it so you can brush it.
14. When baked take the buns out of the oven and carefully transfer to a cooling rack. Brush with the golden syrup while still warm.

EXPECTED FINISH AROUND 1:15pm