

TOAST

Toast Travels

[31.03.10]

Hot Cross Buns

Ingredients

Dough

- 680g strong white flour
- big pinch of sea salt
- 30g fresh yeast (or 15g of dried)
- 70g organic golden caster sugar
- 80g soft butter
- 15g mixed spice
- 270ml of warm water
- 1 organic egg

Crossing Mix

- 100g strong white flour, a pinch of salt,
- a pinch of sugar, a knob of butter and 100ml water

The fruit

- 80g sultanas
- 80g currants
- the chopped zest of 1 lemon and 1 orange

Bun wash

- 1 eggcup of boiling water
- 2tsp of sugar
- 1 pinch of mixed spice

Method

1. Grease and line a high sided baking tray with grease-proof paper
2. Weigh all the dough ingredients into a big mixing bowl
3. Stir together with a firm hand and wooden spoon
4. Once the dough has come together turn onto a flat surface and knead for 15 minutes, until your dough is smooth and vital
5. Gently work in the fruit and zest
6. Nestle your well worked dough back into the big mixing bowl, cover and repose in a warm place until it has doubled in size, or for 30 minutes, whichever is first
7. After this, cut the dough in half, then divide and divide again until you have 16 equalish pieces
8. In the palm of your hand, firmly round the pieces so they stand pert on your baking tray, a finger's width between them
9. Again, cover the tin and leave in a toasty place until your buns have doubled in size: 30, 40, 50 minutes.
10. Heat your oven to 210°C
11. Whisk together the piping mix ingredients in a jug, ensuring there are no lumps, and pour into a piping bag
12. Cross the buns by piping a lattice of the piping mix across the length and width of the tin
13. Bake the buns. The very moment they have golden tops and bottoms whip them out and brush with the bun wash

Serving suggestions: Eat while still warm from the oven, smothered in butter and, if you please, jam.