

Hot Cross Buns - adapted by Wendy Reid from

<https://www.cookingwithmykids.co.uk/hot-cross-buns/>



Ingredients

For the dough

450g of strong white bread flour (plus extra for dusting)
50g caster sugar
100g dried fruit (you can also add some mixed peel)
14g of easy blend yeast
200ml warm milk
1 egg beaten
50g unsalted butter, melted
1 tsp ground cinnamon
½ tsp mixed spice
¼ tsp grated nutmeg

For decoration

2 tbsp plain flour - for the cross
2 tbsp water - for the cross
2 tbsp demerara sugar - for the glaze (any sugar will do. You can also warm apricot jam or shredless marmalade)
1 tbsp water

Instructions

1. Mix the dry ingredients in a bowl (flour, sugar, spices, yeast and fruit)
2. Gently melt the butter. Measure the milk into a jug and warm slightly. You want it to be tepid so that the yeast stays alive and can be activated.
3. Make a well in the middle of the flour and add the egg into the centre. Mix a little before adding the butter, milk and up to 30 ml of warm water (you don't want it too wet). Use a spoon to mix everything and once it starts to come together you can use your hands.
4. Knead the dough by hand for 5-10 minutes on a lightly oiled or floured surface, until it becomes smooth and springy.
5. Put the dough into a bowl and put it in a warm place. Rise times will depend on how warm it is, but allow at least an hour.
6. When the dough has risen, tip it out onto a surface and knock it back (this means to knead and fold it again to remove the air.)
7. Divide into 12 and roll into balls.
8. Place onto a greased baking tray or one lined with greaseproof paper, making sure to leave a little room between them so they can continue to rise.
9. Cover lightly and leave for about a further half an hour (they may double in size.)
10. Preheat the oven to 190 C/170F Fan/375 F
11. Make the crosses by mixing the flour with a little water to create a smooth paste. Pipe it on using an icing bag. If you don't have one you can roll a triangle of parchment to create one. Bake for 18-20 minutes until they are golden. You'll know when they are ready because if you tap the bottom, they'll sound hollow.
12. Take them out of the oven, and while they are still warm brush them with sugar melted in a little water (or alternative glaze made from apricot jam or marmalade.)
13. Cool on a wire rack.