

## Hot Cross Buns

### Ingredients

- 1 packet/ 500g low protein flour
- 1 sachet of dried yeast / 1 tsp. dried yeast (7g)
- 50g/2oz butter or margarine
- 75g/3oz castor sugar
- 1 tsp. of mixed spice
- ½ teaspoon salt
- 100grams (4oz) mixed fruit
- 100ml of boiling water (hand hot 100°F)
- 200mls low protein milk
- Cooking oil

### For the Topping

#### Flour Mix Paste

- 3 tbsp. low protein flour
- 3 tbsp. castor sugar
- 3-4 tbsp. water

Preheat the Oven: 200°C/400°F Gas mark 6

### Method

1. Combine together the low protein flour, yeast, sugar, salt and mixed spice in a large bowl
2. Cut the butter into small pieces and rub into the dry ingredients
3. Stir in the mixed fruit.
4. Stir together the low protein milk and boiling water, add to the dry ingredients, kneading together to form a soft dough.
5. Dust a work surface with low protein flour and lightly knead the dough until smooth. Cut into 15 equal sized pieces
6. Knead and shape the pieces of dough into balls approximately 5 cm (2 inches) in diameter and arrange slightly apart on a baking tray that has been greased with melted butter
7. Brush each bun with oil.
8. Loosely cover the balls with cling film and put the baking tray in a warm place for 15-20 minutes until the dough has risen and doubled in size.
9. While the buns are rising, make the topping – place the flour mix, castor sugar, in a small bowl, stir in the water gradually until a thick smooth paste is formed
10. Cut a cross in each bun with a sharp knife, using a piping bag, pipe the paste into each cross
11. Bake in the pre-heated oven for 15-20 mins, until lightly browned.

