



Incredible Edible Reciplease

The Incredible Edible Hot and Cross Buns

Eat these fabulous buns hot and you'll never be cross!!

Ingredients (serves 12)

- 7 g sachet (2 teaspoons) dry yeast
- $\frac{3}{4}$ Cup of Castor sugar
- $\frac{1}{2}$ Cup of reduced fat milk, warmed
- 4 $\frac{1}{2}$ Cups of plain flour
- 2 teaspoons of mixed spice
- 2 teaspoons of ground cinnamon
- 50g of butter, chilled and chopped
- 1 egg lightly beaten
- 1 $\frac{1}{2}$ Cups of sultanas



Flour paste

- $\frac{1}{2}$ Cup of plain flour (all purpose flour)
- $\frac{1}{3}$ Cup of water

This is how we do it

1. Grease a 23cm (9 inch) square cake tin and line it with non-stick baking paper. Place the yeast, sugar and milk in a bowl. Stir until combined and yeast is dissolved. Cover and set aside in a warm place for ten (10) minutes or until foamy.
2. Sift the flour, mixed spice and cinnamon into a bowl. Rub in butter until the mixture looks like fine breadcrumbs. Make a well in the centre of the flour mixture and add the yeast mixture, eggs and sultanas. Stir to combine. Cover and set aside in a warm place for 1 hour or until the dough has doubled in size.
3. Preheat the oven to 200°C/180°C fan forced ovens (400°F/360°F).
4. Combine the extra flour and water and place in a piping bag or plastic bag with one corner snipped off, and pipe crosses onto buns. Bake for 35 minutes or until well browned and springy to touch.
5. Place 3 teaspoons of hot water in a jug. Sprinkle gelatine over water. Stir with a fork until gelatine dissolves. Turn buns onto a wire rack. Brush tops with gelatine mixture while buns are hot. Serve warm with or without butter.

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