

Hot Cross Buns

Season: Easter

Type: Dessert

Serves: 32 tastings

From the garden: -



Class focus: Kneading and shaping bread dough

<p>Equipment:</p> <ul style="list-style-type: none"> Kitchen Aid mixer Large mixing bowl x 1 Wooden spoon x 2 Small mixing bowl x 2 Spray bottle x 1 (fill with tap water) Zip lock bag x 1 Kitchen scale Pastry brush x 3 Measuring spoons Measuring cups Glad Wrap Deep baking tray x 2 Baking paper Serving plate x 5 Kitchen tong x 5 Red ramekin x 5 	<p>Ingredients:</p> <ul style="list-style-type: none"> 640g baking flour 1 ½ teaspoons salt 6 tablespoons sugar 2 teaspoons mixed spice 4 teaspoons dry active yeast 2 teaspoons improver 2 teaspoons canola oil 350g warm water (mix from tap and kettle) <p>Cross paste:</p> <ul style="list-style-type: none"> ⅓ cup plain flour ¼ cup water <p>Glaze:</p> <ul style="list-style-type: none"> 1 tablespoon icing sugar 1 tablespoon water <p>Butter for serving</p>
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What to do:

Bread dough requires to rise/proof twice before baking and it takes at least ½ hour each time. To save time, I have prepared a batch of dough for your class. You will start by dividing and shaping the ready-to-go dough into buns. Then you will prepare a batch of dough for the next class.

1. Heat oven to 180C.
2. Turn the dough out onto a lightly floured (1 tablespoon plain flour) surface.
3. Divide the dough into 4 equal pieces.
4. Roll each piece into a cylinder and cut into 8 pieces.
5. Shape each piece of dough into balls.
6. Place 16 buns on each lined baking tray, spray the buns with some water.
7. Set aside to prove in a warm place for 30 minutes.

Now, you prepare the dough for the next class. Please get a helper to ensure all ingredients are measured accurately.

8. Prepare all of the ingredients based on the instructions in the ingredients list.
9. Place the first 8 ingredients in a large mixing bowl, using your hand to mix and knead the dough until it comes together to form a ball.
10. Put the dough into the Kitchen Aid mixing bowl fitted with a dough hook, set the speed to 2 and knead for 10 minutes.
11. Cover the dough with a piece of Glad Wrap and leave on the bench.
12. Meanwhile, make the cross paste by mixing together flour and water in a small mixing bowl.
13. Spoon into a zip lock bag, snip off 1 corner, when the buns are proofed, pipe the crosses on the buns.
14. Place the buns in the ovens and bake for 12 minutes or until buns are golden brown.
15. Remove buns from oven, mix icing and water together in a small mixing bowl then glaze the buns.
16. Serve the hot cross buns with butter in 5 large serving plates with a kitchen tong in each.

Note: When you make this at home, you can add in 1 cup of mixed dried fruits towards the end of the kneading process.