

HOT CROSS BUN PRAYERS

As you stir the mixture:

Thank you Jesus that you came into the world and stirred things up so that people thought about what really mattered.

As you lay the cross on top of the bun:

Thank you Jesus for coming to save us by dying on a cross and taking the punishment for the bad things I do.

As they go in the oven:

Thank you that, although you were buried in a tomb, you rose three days later and you are still alive today.

As you eat a hot cross bun:

Thank you Lord Jesus for giving me all I need to live a life following you.

Amen.

HOT CROSS BUN RECIPE

Equipment

Large bowl
Wooden Spoon
Baking Sheet
Piping bag and nozzle
Pastry brush
Saucepan
Cling film

Ingredients

For the dough

7g sachet fast-action dried yeast
About 175ml tepid milk
350g strong plain white / gf flour
5ml salt
5ml ground mixed spice
5ml ground cinnamon
5ml ground nutmeg
50g margarine
25g caster sugar
100g dried mixed fruit
1 egg, beaten

For the cross

4 tbsp flour / gf flour
4 tbsp water

For the glaze

40g sugar
4 tbsp water

Method

Sift the flour, salt and spices into a bowl and rub in the margarine. Stir in the sugar, mixed dried fruit and fast action yeast. Make a well in the centre, add milk and egg.

Beat to form a soft dough, adding a little more milk if necessary.

Turn the dough out onto a floured surface and, with floured hands, knead for about 8-10 minutes or until the dough is elastic and almost smooth. Place in a large, lightly oiled bowl. Cover with oiled cling film and leave in a warm place until doubled in size, this usually takes 1 ½ - 2 hours.

Knock down the dough and knead lightly for 1-2 minutes. Divide the dough into about 12 equal-sized pieces and knead each one into a small ball. Place on a buttered baking tray, seam-side down and flatten slightly with the heel of your hand.

Make a paste with the flour and water and using a piping bag, pipe a cross over the buns.

Leave in a warm place until doubled in size; about 30 minutes.

Bake at 190 c (mark 5) for 15-18 minutes until they sound hollow when tapped.

Make the sugar glaze by boiling the water and sugar for about 5 minutes until a syrup is reached. Whilst the buns are still hot, brush with the sugar glaze. Cool on a wire rack.