Hot Cross Bun

Traditionally, the Hot Cross Bun was a fruit roll that was eaten between Shrove Tuesday and mid-day on Good Friday by Christians as part of the Easter celebrations. In 1592 the law decreed that such spiced buns could only be eaten at funerals, Easter or Christmas.





Originally, the buns would have been made with a cut cross. By about 1600, the cross was made of pastry strips in the Christian form. Now the common form is to use strips of flour and water paste across the whole bun.

Ingredients: 450g strong white flour; 50g butter; 50g castor sugar; 75g currants; 25g sultanas; 7g dried yeast; teaspoon ground cinnamon; teaspoon ground nutmeg; 200ml milk and 3 eggs

Rub together the flour and butter (*or margarine*) to a fine grist and mix in all of the other dry ingredients.
Whisk the eggs into the milk to make a custard and blend into the dry ingredients to make the dough. Knead and then leave to rise in a warm place for an hour.
Knock down and knead the dough well - leave for a second rise until doubled in size.
Knock down again and knead thoroughly. Form into small round buns and place on baking trays. Allow to rise and double in size (Incise *or add a pastry* cross). Bake for 15-17 minutes at 200°C. Immediately the buns come out of the oven, glaze with a mixture of water and sugar. The water will evaporate leaving a crisp and fine glaze to the buns. Cool for an hour before eating.

The buns are usually eaten warm or toasted and spread with butter. They are meant to be shared by friends.

Historical Bread Recipe