Sally Lunn Bun

There is no sound evidence as to how this breakfast bread was introduced, but a Huguenot baker called *Solange Luyon* was thought to have come to the UK in 1680, though I cannot find any UK or French records of this event. The bread bun is similar to French breakfast breads of the period called "**soleil et lune**" (s*un and moon*). By 1798, this bread was well liked in Bath and the surrounding area and was made in a similar form in London.

450g strong white flour; 50g butter; 25g castor sugar, 200ml whole milk; 5g salt; 7g dried yeast (or 15g fresh yeast); 2 eggs (beaten):

Melt the butter in a pan, remove from the heat and add the milk and sugar. Allow to cool to body heat. Add the yeast and beaten eggs and mix well. Sift the flour and salt into the liquid ingredients and mix into a light dough. Knead lightly and leave to prove for an hour in a warm place.
Divide the dough into 4 pieces, knead and place each on a greased baking tray within a smooth 12cm baking ring, to rise for about 45 minutes. Heat the oven to 220°C.





If you do not have a baking ring, folded and layered foil will make a good support for the bun.

Bake for 15-20 minutes until done. Glaze with sugar and water solution as soon as the bread is baked and cool on a baking rack, having removed the baking ring.




Sally Lunn buns are normally eaten split in half and either served with butter, clotted cream or whipped cream. For the later London version, add lemon rind, candied peal and sultanas.

Historical Bread Recipe