

SCOTTISH HOT CROSS BUNS RECIPE

3 c Flour
1 ts Salt
1/2 ts Each:allspice, nutmeg, Cinnamon
1/4 c Sugar
1 Stick butter, melted
1 Egg beaten
3/4 c Currents or raisins
1/3 c Candied citron fruit

Yeast mixture:

1 tb Dry yeast
1 tb Sugar
2/3 c Warm milk
1/2 c Warm water

1 c Flour

Glaze:

2 tb Milk
2 tb Water
3 tb Sugar

Pastry:

4 c. All Purpose Flour

1 ½ tsp. Salt

1 ¼ C. Butter

8-10 T. Cold Water

Scottish Hot Cross Buns Preparation

Begin by making the yeast mixture, mixing all ingredients and setting it aside to proof (foam) .In another bowl sift flour, salt, spice and sugar. Add fruits and mix well. Combine butter and eggs and add to yeast mixture. Then add to flour mixture. Knead dough on floured surface, 8 to 10 minutes or smooth and elastic. add more flour if needed to keep dough from sticking. Divide into 12 equal pieces and shape into round buns. Place rolls far apart on greased baking sheet. Cover and let rise at warm room temperature for 45 minutes. Make pastry for crosses by cutting the fat into flour and salt mixture, then add enough cold water to combine. Knead very gently on a lightly floured surface, just enough to combine. Chill for 15- 20 min. Roll out dough and cut into ¼” strips, and apply to bun tops. Bake in a 425 oven for 15 to 20 minutes or golden. Cool on rack. Make glaze by bringing ingredients to a boil in small saucepan for 2 minutes. Brush glaze over buns thickly. From Gemini’s MASSIVE MealMaster collection.