

Doves Farm Hot Cross Buns

Ingredients

Product	Quantity
Organic Strong White Bread Flour 16kg	300.00 g
Quick Yeast 16x 125g	1.00 g
Whitworths Caster Sugar 500g	1.00 g
Table Salt 2x6kg	0.75 g
Ground Mixed Spice	1.00 g
Kerrygold Pure Irish Butter 250g	25.00 g
Cravendale Pure Whole Milk 1 Litre	150.00 g
CURRANTS 4x3kg	50.00 g
Mixed Peel 1kg	50.00 g
Organic Plain White Flour 25kg	50.00 g
Water	3.00 g
Hartleys Apricot Jam	3.00 g
Cage Free 6 Barn Eggs	1.00 g

Serves: 10

Allergy Information

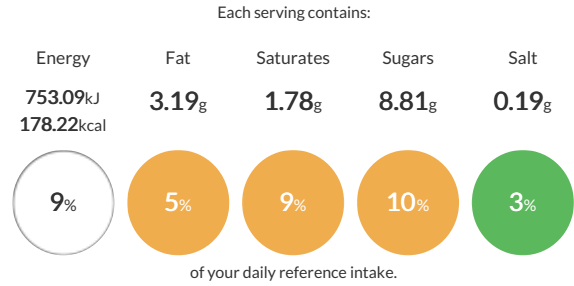
Key: Contains May Contain

Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal

Reference Intake



Nutritional Summary

Energy	753.09kJ 178.22kCal
Protein	4.99g
Carbohydrates	32.22g
of which sugars	8.81g
Non Milk Extrinsic Sugars	0g
Fat	3.19g
of which saturates	1.78g
Fibre	1.85g
Salt	0.19g
Sodium	0.01g
Iron	0mg
Calcium	18.3mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Method & Recipe Notes

Hot Cross Buns 1. Put the flour, yeast, sugar, salt and mixed spice into a bowl and mix together. 2. Melt the butter then add the milk and egg and beat together. Stir this into the flour and mix into a sticky dough. 3. Knead the dough in the bowl for 100 presses, if possible without adding flour. The dough will be sticky at first then become smooth and pliable. 4. Cover with oiled cling film and leave in a warm place to double in size (about 2 hours). 5. Line a large baking tray with parchment. 6. Add the currants and peel to the dough and knead until they are well combined. 7. Divide the dough into 10 pieces, roll each into a ball and place it on a parchment lined oven tray. Glaze 1. Put the plain flour into a bowl and add just enough water to make a very thick paste. 2. Using a paintbrush, dip it into the paste and paint a cross on each bun. 3. Leave the buns to rise in a warm place for 20 minutes. 4. Re-paint the paste cross and leave the buns to rise for a further 15 minutes. 5. Pre-heat the oven to 200°C (Fan 180°C, 400°F, Gas 6). 6. Bake for 18 - 20 minutes. 7. Gently heat the apricot jam, mashing any lumps, and brush it over the buns as they come out of the oven.

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