

Eat The View



Recipes and Tips

Hot Cross Buns

Tangzhong

This method has gained significant popularity over the last decade, and rightly so. Made in a similar manner to a roux, flour and water (or milk) are mixed together and cooked until thick. The resulting paste is mixed into bread dough and it makes breads that are particularly soft and also stay that way longer, especially when compared to recipes made without the paste.

Makes 12

75g raisins
75g sultanas
500g strong white bread flour
270ml whole milk
7g fast action dried yeast
1/2 tsp salt
2 tsp mixed spice
1 tsp ground cinnamon
60g caster sugar
2 large eggs, plus one for egg wash
50g unsalted butter, room temperature
50g mixed candied peel

Cross and Glaze

50g plain flour
50g milk
5ml vegetable oil
50ml orange juice
50g caster sugar
1 tbsp honey

A couple hours before you make the dough prepare the fruit and the flour paste which makes them particularly soft. Add the raisins and sultanas to a small bowl and pour over hot brewed black tea. You can use any tea you like and even water if you don't want to add extra flavour. The key is that the water should be hot, this helps it soak into the fruit and plump it up. Leave the fruit to soak for about 30 minutes, before draining and then setting aside to cool. For the flour paste add 35g of the flour and 185ml of the milk to a small saucepan and cook over low/medium heat, mixing constantly, until the mixture forms a thick paste. Scrape into a small bowl and cover with a piece of clingfilm, to prevent a skin from forming, and set aside until cool. You can prepare this a day ahead, refrigerating until needed.

When ready to make the dough add the remaining bread flour, yeast, spices, sugar and salt a bowl and whisk together to combine. Pour in the remaining milk, the eggs and the paste and, with the dough hook attached, mix on low speed until a shaggy dough is formed. Turn the mixer to medium and knead for about 10-15 minutes or until a smooth silky dough is formed, which is no longer sticking to the bottom or sides of the bowl. With the mixer still running add the butter and continue kneading until the butter is fully

combined and the dough is, once again, no longer sticking to the bottom or sides of the bowl. Add the drained dried fruit and the candied peel and knead briefly until evenly mixed into the dough. Scrape out the dough and form into a ball. Place into a lightly greased bowl and cover with clingfilm, setting aside until doubled in size, about an hour.

Tip the risen dough out onto a floured worksurface and press into a flat round. Cut into 12 equal sized pieces and form into balls.

Place the buns onto a parchment lined baking tray, a little apart, and cover lightly with clingfilm or a damp kitchen towel. Set aside for until doubled in size, about an hour or so.

Preheat the oven to 200°C (180°C Fan).

To make the cross mix together the flour, milk and oil, until you have a thick smooth paste. Scrape into a piping bag fitted with a small plain piping tip.

Brush the buns with egg wash and pipe each bun with a cross. Bake in the preheated oven for about 20-22 minutes or until golden brown.

Whilst the buns are baking make the glaze. Add the orange juice and sugar to a small pan and cook together just until the sugar has dissolved and the mixture has come to a simmer. Remove from the heat and set aside.

Remove the buns from the oven and whilst they are still hot brush all over with the orange syrup. Allow the buns to cool fully before serving.

Kept covered these buns will keep for 2-3 days.