

# Taste the Hills

## Recipes and Tips

### Hot Cross Buns

Makes 12

450g strong white flour	270ml milk
7 g sachet of fast action yeast	60g brown sugar
175g mixed dried fruit and peel	60g butter (softened)
1/2 tsp salt	2tsp mixed spice
2 eggs	

Use 2tbsp milk and 2 tbsp sugar for the glaze. A paste can be made for crosses by mixing 3 tbslp flour with a little butter and water.

### Method

- 1 Warm the milk to about body temperature.
- 2 Mix the flour in a bowl with the salt, yeast, sugar and spices.
- 3 Add the softened butter, eggs and milk and mix to a soft dough.
- 4 Add the fruit and mix well before covering with a cloth and leaving to settle for 10 minutes. Then scoop it out of the bowl and knead on a floury surface for 5 minutes. Clean and lightly oil the bowl. Form the dough into a ball. Return to the bowl and leave covered in a warm place for an hour.
- 5 Knock back the dough and form into balls. Place on a greased tray so that they are nearly touching. Leave for 40 minutes. Turn on the oven after half an hour. Mix the paste for the crosses.
- 6 When risen, use a skewer or knife to indent the shape of a cross and lay the paste into the Indents.
- 7 Bake at 200 degrees for 15-20minutes. Just before the buns are cooked, boil up the glaze to make a syrup and brush over the buns twice.

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School Road, Craven Arms, Shropshire SY7 9RS

Email: [info@shropshirehillsdiscoverycentre.co.uk](mailto:info@shropshirehillsdiscoverycentre.co.uk)

Tel: 01588 676060 [www.shropshirehillsdiscoverycentre.co.uk](http://www.shropshirehillsdiscoverycentre.co.uk)



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