

# Eat The View

## Recipes and Tips

### Shropshire Butter Buns

From Kath who teaches people how to make bread in an easy way online and in Ironbridge.  
<http://vegpatchkitchen.co.uk>. Also @theordinarycook and <http://millingfresh.com>

#### For the buns:

300g strong white flour (bread flour)  
250g plain white flour  
10g fine salt  
7g easy bake yeast (instant yeast)  
50g caster sugar  
150ml warm milk (see instruction below)  
150ml warm water (see instruction below)  
50g butter  
1 egg

#### For the Filling:

150g softened butter  
150g caster sugar  
½ tsp vanilla paste or extract

#### For the glaze:

50 ml milk or water  
50g caster sugar

In a large bowl mix together the flours, salt, yeast and sugar. Pour in the water and milk (add boiling water to cold milk and that way both get warm), egg and add the cubed butter. Mix together well (I use my hands like a claw) and then tip out onto a work surface (no extra flour needed) and knead for about 10 minutes until feeling smooth and elastic or you can use the stretch and fold method or use your stand mixer. The dough will be sticky during the kneading process, which is fine. Better sticky than dry.

Form the dough into a ball, and place into a bowl and leave to rise until double the original size, covered with a large bag or lightly oiled clingfilm. With all of the sugar, milk, egg and butter this dough will take longer to rise than a bread dough. In a cool kitchen expect this to be about two hours, less in a warm kitchen.

In a bowl mix together the softened butter, caster sugar and vanilla paste for the filling.

Place the sugar and milk or water for the glaze in a small pan and heat gently to dissolve the sugar. Increase the heat to medium and bring to the boil. Set aside.

Once the dough has doubled in volume, take it carefully out of the bowl onto a lightly floured surface. Roll into a sausage shape and cut into ten equal pieces. Roll each piece into a ball. Take one ball and roll out thinly into a circle. Place a

teaspoon of the filling mixture in the middle of the circle. Fold over the circle to create a semi-circle. Flatten the dough over the butter and press the seam down well. Place a second teaspoon of the filling in the middle of the semi-circle. Fold the dough over to create a triangle. Flatten again and press the seam well. Place onto a lightly greased tray and repeat with the other balls of dough. Leave to rise for 20 - 30 minutes. Place onto the middle shelf of an oven preheated to 200°C for 15 minutes until golden. Glaze the buns whilst hot with the sugar and milk using a pastry brush. Leave to settle on the tray for ten minutes, in this time they will have sucked back up some of the sugary butteriness that has oozed out, and then lift onto a wire rack to cool completely.



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