

Recipe in English

Hot Cross Buns

makes 24

Ingredients:

1 cup milk
2 Tbsp yeast
1/2 cup sugar
2 tsp. Salt
1/3 cup butter, melted and cooled
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
4 eggs
5 cup flour
1 1/3 cup currants or raisins
1 egg white



Glaze (you can use this one or your favorite)

1 1/3 cup confectioner's sugar
1 1/2 tsp. finely chopped lemon zest
1/2 tsp. lemon extract
1-2 Tbsp milk

Instructions:

This may be difficult for younger children to do themselves, but they'll enjoy helping to mix and measure the ingredients, helping to knead the dough, forming the dough into balls and adding the glaze.

In a small saucepan, heat milk to very warm, but not hot (110°F if using a candy thermometer). Pour warm milk in a bowl and sprinkle yeast over. Mix to dissolve and let sit for 5 minutes.

Stirring constantly, add sugar, salt, butter, cinnamon, nutmeg and eggs. Gradually mix in flour, dough will be wet and sticky. Continue kneading until smooth, about 5 minutes. Cover bowl with plastic wrap and let the dough "rest" for 30-45 minutes.

Knead again until smooth and elastic, for about 3 more minutes. Add currants or raisins and knead until well mixed. At this point, dough will still be fairly wet and sticky. Shape dough in a ball, place in a buttered dish, cover with plastic wrap and let rise overnight in the refrigerator. Excess moisture will be absorbed by the morning.

Let dough sit at room temperature for about a half-hour. Line a large baking pan (or pans) with parchment paper (you could also lightly grease a baking pan, but parchment works better). Divide

dough into 24 equal pieces (in half, half again, etc., etc.). Shape each portion into a ball and place on baking sheet, about 1/2 inch apart. Cover with a clean kitchen towel and let rise in a warm, draft-free place until doubled in size, about 1 1/2 hours.

In the meantime, pre-heat oven to 400' F.

When buns have risen, take a sharp or serrated knife and carefully slash buns with a cross. Brush them with egg white and place in oven. Bake for 10 minutes, then reduce heat to 350' F, then bake until golden brown, about 15 minutes more. Transfer to a wire rack. Whisk together glaze ingredients, and spoon over buns in a cross pattern. Serve warm, if possible.