

## SHINY FRUIT BUNS

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### **Equipment :**

Bowl, sieve, small grater, saucepan, big bowl, fork, measuring cups and spoons, wooden spoon, plastic dough cutter, 1 oven tray, pastry brush, scales

### **Ingredients:**

500gms bread flour

1 tspn salt

2 tspns cinnamon

1 tspn each ground cloves and ground ginger

⅓ cup sugar

2 tspns dry yeast

1⅓ cups milk

60 gms butter

1 egg

Grated peel of ½ lemon

1 cup mixed dried fruit

extra flour for rolling

### **method:**

Place milk, dried fruit and butter in a saucepan on a low heat until butter is just melted. Remove from heat and cool to lukewarm.

When cool, whisk in the egg.

Put the flour, salt and spices into a large bowl. Whisk in the sugar and yeast. Make a well in the centre, and add milk mixture and lemon peel. Start to mix with a wooden spoon, then you will need to do it by hand.

Turn out on to a lightly floured bench and knead until smooth (5-10 mins). Put back into the bowl, cover with a damp tea towel, and allow to rise in a warm place for 20 minutes.

After dough has risen, tip out onto bench. Knead for 1 min then use the dough cutter to cut into 12 pieces. Roll each piece into ball.

Turn oven on to 220C.

Place on greased baking trays, cover with a tea towel and allow to rise in a warm place for 20 minutes.

\*\*\*Bake for 15-20 mins or until golden brown.

Brush with glaze while hot. The buns can be cut open and buttered, if desired.

#### Glaze

3 TBLSPNS sugar , 1 tspn cinnamon, 4 TBLSPNS water

Put all ingredients into a small saucepan and boil until mixture is syrupy.

\*\*\*If you want to make crosses, then mix  $\frac{1}{2}$  cup of white flour and 70 mls water to a thick paste, use a piping bag or a plastic bag with a tiny hole in the corner and decorate buns before you cook.