

# SHINY FRUIT BUNS

## **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  
1/2 cup sugar  
2 tspns dry yeast  
1+ 1/3 cups milk  
60 gms butter  
1 egg  
Grated peel of 1 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. 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 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 tea towel, allow to rise in a warm place for 20 minutes.

Turn oven on to 220C.

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

Cook 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 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.

