

# Fruit Hot Cross Buns

## INGREDIENTS

### BUNS:

9g instant dried yeast  
110g castor sugar  
375mL full fat milk, warm  
640g bread flour  
2 tsp cinnamon  
2 tsp allspice  
1/2 tsp salt  
70g sultanas  
70g currants  
70g raisins  
4 tsp loose leaf Earl Grey tea  
2 navel oranges (finely grated zest only)  
50g butter, melted & cooled  
1 egg, room temperature  
Up to 1/4 cup extra bread flour for kneading dough

### CROSSES:

1/2 cup plain flour  
5 tbsp water

### GLAZE:

1 tbsp apricot jam  
2 tsp water

## METHOD

**Step 1:** In a heatproof jug, brew Earl Grey tea in 300mL boiling water — add currants and raisins, and leave to infuse for 10-30 minutes, depending on your preference of flavour strength.

**Step 2:** In a large bowl, sift flour, yeast, sugar, spices, and salt. Briefly whisk until just combined.

**Step 3:** Add butter, milk, egg, orange zest, and all fruit to dry ingredients.

**Step 4:** Gently stir with a wooden spoon until loosely combined.

**Step 5:** Dust clean work surface with extra bread flour, turn out mixture onto the surface, and hand knead for 10 minutes. Dough is ready when it is smooth, elastic, and does not break when stretched.

**Step 6:** Place dough back in bowl, cover with cling wrap, and leave in a warm place (28-32 degrees) until it has doubled in size. This will take between 30-90 minutes depending on temperature.

**Step 7:** Line a 31.5 x 23.5 cm (approx.) baking tray with baking paper — ensuring you leave an overhang.

**Step 8:** Remove cling wrap from bowl and 'punch' dough with your fist to deflate.

**Step 9:** Using kitchen scales, weigh out buns at 120g each (large) or 60g each (small), and form into smooth balls before placing on baking tray (rows of 4 x 3 for large, or 6 x 3 for small).

**Step 10:** Spray a piece of cling wrap with canola oil and place loosely over buns. Leave in warm place for a further 30-45 minutes (buns should almost double in size).

**Step 11:** Preheat the oven to 180 degrees celsius.

**Step 12:** Combine flour and water to form a thick paste, spoon into a ziplock bag, and snip a small section of the corner.

**Step 13:** Once buns have risen, remove cling wrap, and pipe on the crosses (take your time so that the paste hugs the curves).

**Step 14:** Bake for 20-22 minutes, or until the surface is a deep golden brown.

**Step 15:** Meanwhile, place jam and water in a bowl and microwave for 30 seconds, then mix to combine.

**Step 16:** Remove buns from the oven and immediately place on the cooling rack.

**Step 17:** Using a pastry brush, brush with jam while still warm.

**Step 18:** As much as you'd love to dive into a nice warm hot cross bun, they must cool first before re-heating or toasting!

## ANNA'S TIPS

**Earl Grey tea:** Use a good quality loose leaf tea in a strainer (I used T2 French Earl Grey).

**Spices:** If you love spices, be quite generous with the measurements.

**Yeast:** I used 'Lowan' instant dried yeast — ensure it is within date and still 'alive'.

**Heating milk:** Think of the ideal temperature for a bath — this is when you will know the milk is warmed perfectly.

**Temperature for rising:** If the temperate of the day is cooler than 28 degrees celsius, there are two options to create an environment of this temperature: a) some ovens can be set at this temperature, or b) run your clothes dryer for about three minutes, turn off, then place the covered bowl of dough inside.

**Cooling before eating:** The reason for this is that the cooking process is still in action and they must 'set' — if you are tempted to enjoy a bun fresh out of the oven, it may still be 'doughy' inside.