

Quick Apple and Cinnamon Hot Cross Buns

Season: Easter

Serves: 16-20 buns, depending on class size

Fresh from the garden: Apples from the Robinson's farm

Equipment: Kitchen Aid mixer with dough hook Measuring cups and spoons Small saucepan Wooden spoon Thermometer Chopping boards Knives Zester Large mixing bowl Clean tea towel Small snap lock bag Baking tray Baking paper Silicon brush 2 small mixing bowls Dough scraper Small spatula	Ingredients: 4 1/2 cups baker's flour, plus 1/4 cup extra 1/4 cup sugar 2 teaspoons dry yeast 2 teaspoons cinnamon 1/2 teaspoon ground nutmeg 1/4 teaspoon ground cloves 1/4 teaspoon ground cardamom Zest of 1 orange 1 teaspoon salt 1 cup milk 1/2 cup water 60g melted butter 2 eggs 5 mini apples (about 250g), finely diced, skin on 1/2 cup sultanas, optional <u>Crosses</u> 1/2 cup flour 1/2 cup water-added gradually <u>Glaze</u> 2 tablespoons boiling water 2 tablespoons sugar
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What to do:

1. Add 4 1/2 cups flour, sugar, yeast, spices and orange zest, to the Kitchen Aid bowl and mix together with the dough hook on a low speed. Add salt and mix again.
2. Gently melt butter in the saucepan, then add milk and water and mix with the wooden spoon. Carefully stir, measure the temperature of the liquid until it reaches 50° Celsius.
3. Immediately add to the flour mixture, stirring with the dough hook on the mixer until mostly combined.

4. Add the eggs and continue mixing. Stir in enough of the extra flour until the dough is combined, but not too sticky. Add the apple to the dough and the sultanas (if using). Mix until the fruit is evenly distributed and the dough is soft and supple, about 5 minutes. The children may like to knead the dough by hand for a few minutes if time allows.
5. Place in clean mixing bowl, cover with a damp tea towel and let rest in a warm place for 10 minutes.
6. Divide the dough into 16-20 even portions, depending on class size. Roll into smooth balls. Place onto the paper lined baking tray, a few centimetres apart. Ensure any seams are on the bottom of the buns. Cover again with the tea towel and leave to rise again in a warm draught free place for 30 minutes.
7. Preheat the oven to 180°, eco fan setting.
8. While the buns are rising make the glaze by mixing sugar and water together until the sugar is dissolved. Set aside.
9. Make the cross mixture by mixing the flour and most of the ½ cup of water in a small bowl until smooth, adding a little of the remaining water if the mixture is too thick. The mixture needs to be just the right consistency- too runny and it is difficult to control, too thick and it is difficult to pipe out. Spoon into a small snap lock bag and snip off a little corner.
10. Pipe the mixture across the top of the buns to form crosses. Place in the oven and cook for around 15-20 minutes until cooked through and golden.
11. Brush the sugar glaze over the warm buns. Serve with butter.