**Hot Cross Buns**

Two Day Lab

Groups of 2 /3 ( makes 9 buns)

The English adopted Hot Cross Buns for good Friday in the early days of the Christian church. For pagans, the cross was thought to represent the four quarters of the moon. The Aztecs and Incas believed the buns to be sacred to the gods. Egyptians and Saxons offered them as sacrifices to their goddesses.

**Ingredients:**

5 ml Sugar

65 ml Warm water

10 ml active dry yeast

125 ml warm water

30 ml Skim milk powder

60 ml Sugar

3 ml Salt

1 egg

65 ml softened margarine

1 ml cinnamon or nutmeg

30 ml currants or raisins

15 ml mixed peel

~500 ml All Purpose flour

**Day 1:**

1. In a large, warm mixing bowl – dissolve the sugar and warm water. Sprinkle with yeast and let stand 5 to 10 minutes or until yeast is foamy.
2. To the dissolves yeast mixture – second amount of warm water, milk powder, sugar, salt, egg, softened margarine, cinnamon/ nutmeg, currants/ raisins, mixed peel and about 250 ml flour.
3. Beat with a wooden spoon until smooth (about 2 minutes)
4. Continue to stir in flour until a soft dough forms, leaves the sides of the bowl, and forms a ball.
5. Knead on a floured surface for 6-8 minutes until smooth elastic, adding more flour if the dough becomes sticky. Don’t add to much flour that your dough becomes dry.
6. Cover the dough loosely with plastic wrap and a clean towel and let rest for 10 – 20 minutes.
7. Punch down the dough down and divide into 9 equal pieces. Roll each piece into a smooth round ball.
8. Place dough balls into a greased square cake pan. Brush the top of the dough with vegetable oil. Cover loosely with plastic wrap and refrigerate until next class.

**Day 2:**

1. Preheat oven to 350’F
2. Remove bread from fridge and remove plastic wrap. Brush the top with a mixture made by beating and egg with 25 ml water ( optional)
3. Just before baking, cut a cross on top of each bun with a sharp knife.
4. Bake for 25 – 30 minutes.
5. Once buns are baked, drizzle a mixture of 25 ml icing sugar and 2 to 5 ml water in the crosses before serving.