

HOT CROSS BUNS

EASTER
Recipe cards



ENGLISH
HERITAGE

One a penny, two a penny...

The nursery rhyme is thought to have originally been a street cry from London in the 18th century

INGREDIENTS

(Makes 10-12 buns)

- 500g strong white bread flour
- ½ tsp salt
- 2 heaped tsp mixed spice
- 50g caster sugar
- 50g melted butter
- 200g mixed dried fruit
- 7g sachet easy-blend dried yeast
- 200ml milk
- 2 eggs

For the crosses & glaze:

- 3 tbsp plain flour
- Honey or golden syrup for brushing

STEP 1 Tip the flour into a bowl and stir in the salt, mixed spice, butter, yeast, dried fruit and sugar.

STEP 2: Gently warm the milk on the stove.

STEP 3: Beat with the eggs, then pour into the dried ingredients. Mix into a dough and leave to soak for 5 mins.

STEP 4: Shape the dough into buns on a floured surface. Space apart on a baking sheet, cover loosely with cling film, then leave in a warm place for an hour.

STEP 5: Heat oven to 220°C/fan 200°C/gas 7. For the crosses, mix flour with 2 tbsp water to make a paste and pour into a plastic food bag with a nick in the corner to distribute. Pipe crosses on top of each bun.

STEP 6: Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns, then brush all over with honey or golden syrup.



Did you know?

During Elizabeth I's reign, the London Clerk of Markets forbade the sale of spiced buns except at burials, Christmas or on Good Friday. This established the tradition of eating hot cross buns on Good Friday

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SIMNEL CAKE



This light fruit cake, which has been enjoyed in England since medieval times, was originally made for the middle Sunday of Lent when restrictions of the fast would be relaxed

INGREDIENTS

- 250g (8oz) plain flour
1/2 tsp baking powder
- 175g (6oz) light soft brown sugar
- 175g (6oz) soft margarine
- 350g (12 oz) mixed dried fruit
- 350g (12oz) marzipan
- 2 tsp grated orange rind
- 3eggs
- 1 tsp of apricot glaze

Did you know?

Chocolate eggs were introduced to Victorian England in 1873 but weren't widely available until the early 20th century

STEP 1 Pre-heat oven to 170°C/fan 150°C/gas 3 and prepare a 7" tin with baking parchment.

STEP 2 Put the flour, baking powder, mixed dried fruit, sugar, margarine, orange rind and eggs into a bowl. Mix together and beat in an electric mixer for 1-2 minutes. Place half the mixture into the prepared tin and level off.

STEP 3 Roll out half of the marzipan into a thin 7" round and place on top of the cake mixture in the tin. Spread the remaining cake mix onto the marzipan and smooth over.

STEP 4 Bake in oven for 1½ hours until golden brown. Leave to cool and turn out. Brush the top with the apricot glaze, which is made by simmering apricot preserve in a saucepan until melted.

STEP 5 Cover the centre of the cake with tin foil and place under a preheated hot grill until the marzipan is golden brown. Leave to cool for 15 minutes then decorate as desired.

