



Rustic Hot Cross Buns

A twist on the seasonal favourite, these tasty hot cross buns are more like scones in texture than traditional hot cross buns. Bursting with fruit and full of wholegrain goodness, they are delicious eaten warm straight from the oven or toasted the following day. Children will love to pipe or paint the crosses on the top!

You will need:

For the Dough

200g Self raising Wholemeal flour
200g Plain flour
125g Mixed dried fruit
1 carton of Buttermilk
1 egg
1 tsp Bicarbonate of soda
2 tbsp Caster sugar
1 tsp Cinnamon
½ tsp Mixed spice

For the Crosses

2 tbsp Flour (approx)
Water

Alternative:

Shortcrust pastry cut into thin strips

Makes 10 – 12 buns.

1. Pre heat oven to 180c / gas 4 and sprinkle a large baking tray with flour.
2. Mix all of the dry ingredients together in a large mixing bowl.
3. Pour the buttermilk into a jug and beat in the egg.
4. Make a well in the middle of the dry ingredients and slowly pour in the buttermilk & egg mixture. Use a fork or wooden spoon to mix the ingredients together.
5. Add a sprinkle of flour to a clean work surface and tip out the dough onto it.

6. Using your hands form the dough into a large round. You may need to add a little flour to your hands as well.

7. Divide the round into 10 – 12 even pieces and shape into buns. Place them onto the prepared baking tray, leaving a couple of centimetres between each one.

8. Mix together the flour and water (to about the thickness of toothpaste) to make the paste for the crosses.

9. Pipe crosses onto the buns using a clean wide nozzle plastic syringe or a food bag with a little hole in the end. If you are using pastry instead shape two thin strips and push down firmly on the top of the bun to make the cross shape. Make the crosses too long for the bun so they hang over onto the tray. This allows for expansion of the buns when they are baking.

10. Bake in the oven for approximately 15 – 18 minutes until they are golden and sound hollow when tapped on the bottom.

11. Enjoy warm from the oven with butter or toasted the following day.

Mighty tips!

As long as you use 200g of your flour is self-raising you can switch the flours around and the recipe will still work. Try using spelt or buckwheat flour instead of wholemeal for even more wholegrain goodness.

For a non-dairy alternative you can use plain soya yoghurt instead of buttermilk.