

# Hot Cross Buns Recipe

## Ingredients:









### For the buns:

- 4 cups all-purpose flour (480g)
- ¼ cup sugar (50g)
- 2 tsp active dry yeast
- 1 tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground allspice
- ½ cup whole milk (120ml)
- ¼ cup water (60ml)
- ¼ cup unsalted butter, cubed (57g)
- 2 large eggs
- 1 cup mixed dried fruit (raisins, currants, or sultanas) (150g)
- Zest of 1 orange (or lemon zest for a twist)
- 1 tsp vanilla extract

### For the cross:

- ½ cup powdered sugar (60g)
- 2 tbsp water (30ml) or lemon juice for added flavor

## Instructions:

1.  **Activate the yeast:**
  - In a small bowl, warm the milk and water over low heat until lukewarm (about 110°F or 43°C). Stir in the sugar and sprinkle the yeast over the top. Let it sit for 5 minutes until frothy.
2.  **Make the dough:**
  - In a large mixing bowl, combine the flour, salt, cinnamon, nutmeg, and allspice. Add the yeast mixture, eggs, and softened butter. Stir until the dough comes together, then knead on a floured surface for 8-10 minutes until smooth and elastic.
3.  **Add the fruit and zest:**
  - Add the dried fruit, orange zest (or lemon zest), and vanilla extract. Knead them into the dough until evenly distributed.
4.  **First rise:**
  - Place the dough in a lightly greased bowl, cover it with a damp cloth, and let it rise in a warm place for 1 to 1.5 hours or until doubled in size.
5.  **Shape the buns:**
  - Punch down the dough and divide it into 12 equal portions. Shape each portion into a ball and arrange them in a greased 9x13-inch baking dish or round cake pan. Leave a little space between each bun.
6.  **Second rise:**
  - Cover the buns with a damp cloth and let them rise for another 30-45 minutes, until puffed up and touching each other.
7.  **Make the cross:**
  - Preheat your oven to 375°F (190°C). For the cross, mix ¼ cup of flour with a little water to form a thick paste. Pipe a cross over each bun.
8.  **Bake the buns:**

- Bake for 18-20 minutes or until golden brown and hollow when tapped on the bottom.

9.  **Glaze the buns:**

- While the buns are baking, mix the powdered sugar with water (or lemon juice) to form a smooth glaze. Brush the glaze over the warm buns once they're out of the oven.

10.  **Cool and serve:**

- Let the buns cool slightly before serving. They're best enjoyed fresh but can be stored in an airtight container for a few days.

**Nutritional Breakdown (per bun):**

- **Calories:** 230 kcal
- **Carbohydrates:** 37g
- **Protein:** 5g
- **Fat:** 7g
- **Saturated Fat:** 4g
- **Fiber:** 1g
- **Sugar:** 14g

**Tips for Success:**

- Make sure the yeast is fresh for the best rise. If your yeast doesn't foam after a few minutes, discard and try new yeast.
- Let the buns cool slightly before glazing to keep the glaze from melting off.
- For a twist, you can swap out the dried fruit for chocolate chips or nuts.

**How to Store:**

- These buns will last for about **3-4 days** at room temperature when stored in an airtight container.

- For longer storage, freeze them for up to **1 month**. Thaw at room temperature or reheat them in the oven.

©TheFrugalChef2025