

Chelsea Buns



Ingredients list

For dough

- 500g strong white flour, plus extra for dusting
- 1tsp salt
- 1 x sachet fast-action dried yeast
- 300ml milk
- 40g unsalted butter, softened at room temperature
- 1 free-range egg

For the filling

- 25g unsalted butter, melted
- 75g soft brown sugar
- 2 tsp ground cinnamon
- 150g dried mixed fruit

For the glaze

- Sugar syrup (2 tbs sugar and 2 tbs boiling water)

Equipment list

- Your dish from home!

- Glass bowl
- Bread scraper
- Measuring jug
- Saucepan
- Plastic mixing spoon
- Rolling pin
- Pastry brush

1. Warm the milk and butter in a saucepan until the butter melts and the mixture is lukewarm.
2. Place the flour in a large bowl. Add the yeast at one end and the salt at the opposite. Mix in.
3. Add the egg to the flour mixture and stir in. Add the milk and melted butter until the contents of the bowl come together as a soft dough. (You may need to add a little extra flour.)
4. Tip the dough onto a generously floured work surface. Knead for five minutes, adding more flour if necessary, until the dough is smooth and elastic and no longer feels sticky.



5. Roll the dough out into a rectangle 0.5cm thick. Brush all over with the melted butter, and then sprinkle over the brown sugar, cinnamon and dried fruit.
6. Roll the dough up into a tight cylinder, cut ten 4cm slice and place them onto a lightly greased baking sheet, leaving a little space between each slice. Cover with a tea towel / greased clingfilm and set aside to rise for 45 minutes.
7. Bake the buns in the oven (190C)for 20-25 minutes, or until risen and golden-brown.
8. Remove the buns from the oven and brush with the glaze, then set aside to cool on a wire rack.

