

Chelsea buns

Ingredients

250g strong white flour
1 x 2.5ml spoon salt
40g butter or hard baking fat
125ml milk
7g pack of fast action dried yeast
75g currants
25g mixed peel
25g Demerara sugar
1 x 5ml spoon mixed spices or cinnamon



Equipment

Weighing scales, round or square cake tin, mixing bowl, sieve, measuring jug, mixing spoon, rolling pin, flour dredger, small saucepan, pastry brush, oven gloves.

Method

1. Preheat the oven to 220°C or gas mark 7.
2. Grease or line a deep-sided roasting tin or Swiss roll tin.
3. Sift the flour and salt into a bowl.
4. Rub in 15g of the butter or hard baking fat.
5. Add the yeast.
6. Warm the milk until lukewarm.
7. Pour the warm milk into the flour mixture.
8. Mix into a soft dough.
9. Knead the dough for 10 minutes until smooth and elastic.
10. Roll out into a square (25cm x 25cm) on a floured surface.
11. Melt the remaining butter or hard baking fat in a small saucepan, then brush over the dough.
12. Sprinkle the currants, mixed peel, spice and sugar over the dough.
13. Roll up the dough like a Swiss roll.
14. Cut into 8 slices.
15. Arrange slices in baking tin, cover and leave to rise (until they double in size).
16. Bake for 20 minutes, until golden brown.

Top tips

- Grate an apple (with the skin on) and add to the dried fruit mix.
- Zest and juice an orange. Add the juice to the dough instead of some of the milk and the zest to the dried fruit mix.

Food skills

- Weigh.
- Measure.
- Sift.
- Rub in.
- Mix.
- Knead.
- Melt.
- Glaze.
- Cut.
- Prove.
- Bake.

This recipe is from the original Licence to Cook programme and is provided under the Open Government Licence.