

Chelsea Buns

Dough

225 g	Strong White Flour
Small pinch	salt
25 g	butter or margarine
25g	soft light brown sugar
1/2 sachet	Fast Action Dried Yeast
75 ml	milk, warmed
1 medium	egg, beaten

Filling:

25 g	caster sugar
50 g	mixed dried fruit
1/2 teaspoon	ground cinnamon (optional)
1 medium	Egg, beaten
1/2 teaspoon	Vanilla or Almond essence (optional)

Glaze: (optional)

25g	caster sugar
15 ml	milk
50 g (2oz)	butter
50 g (2 oz)	honey

- 1 Mix flour and salt together in a bowl, rub in fat, stir in sugar and yeast. Add the milk and eggs and bind to form a dough. Knead well for 10 minutes by hand, or 5 minutes in an electric mixer with a dough hook, until smooth and elastic.
 - 2 Place dough in a bowl and cover with cling film and put in a warm place to start to rise. (In school, you may freeze your dough at this point to use in the next lesson.)
 - 3 While the dough is rising set the oven to 200°C, 400°F, Gas Mark 6 and line a baking tray. Mix together the ingredients for the filling together.
 - 4 When the risen dough is ready, roll out to a 35 cm (14 inch) square, brush with a mix of beaten egg and vanilla or almond essence, then sprinkle the fruit mixture over the dough.
 - 5 Roll it up like a Swiss roll and cut into 8 slices. Arrange the slices close together, and so the slices are flat on the tray with the spiral facing upwards. Cover the dough & leave in a warm place until the buns have doubled in size.
 - 6 Bake for 20-30 minutes until golden brown. (Cover with foil if the buns overbrown.) Turn out onto a wire rack when cooked.
 - 7 To make the glaze, melt together the ingredients in a saucepan, bring to the boil stirring continuously and allow to cook for about ½-1 minute until the sugar has dissolved. Brush over the warm buns.
- (If you are making your Chelsea buns in school, you will probably run out of time, and will need to glaze them at home)

You can experiment with your own filling, or perhaps try to create different shapes with the dough.

REMEMBER:

The thicker the dough, the longer it will take to cook– watch out for the tops starting to burn.