Chelsea Buns

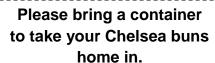
Ingredients for Bread:

250g Strong Plain Flour
150ml Warm Water
50g Butter
3.5g (Half a Packet) of Fast Acting Yeast
½ Teaspoon Caster Sugar
Pinch of Salt

Egg and Milk Wash: School to Provide







Ingredients for Filling:

75g Currants or Any Dried Fruit 30g Caster Sugar

Method:

- 1. Pre-heat the oven to 210°C or Gas Mark 7.
- Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and caster sugar to the warm water and stir. Put the mixture to one side.
- **3.** Weigh out all the ingredients accurately.
- **4.** Sieve the strong plain flour into a large plastic bow. Add the pinch of salt.
- **5.** Cut the butter into small even size pieces and add to the bowl. Shake the bowl.
- **6.** Using the rubbing in method rub the butter into the flour using your fingertips. To check if there are any lumps shake the bowl.
- 7. Add the warm yeast mixture a little at a time, use a round bladed knife to mix this in. You may not need to use it all, it should make a soft dough.
- 8. Knead for 5 to 10 minutes.
- **9.** Lightly flour the work surface, using a rolling pin roll out to 20cm x 20cm. Always roll forward to ensure an even pressure is applied.
- **10.** Mix the currants and caster sugar together in a small bowl.
- **11.** Sprinkle the currant and caster sugar mixture over the bread dough.
- 12. Roll carefully into a sausage shape.
- 13. Cut into 8 pieces.
- **14.** Place on a baking tray.
- **15.** Arrow to prove (rise) for 10 minutes in a warm place, or longer if time permits.
- 16. Using a pastry brush, glaze with the egg and milk wash.
- **17.** Use oven gloves to place the tray in the oven and bake for 20 minutes until golden brown.

