

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



Please bring a container
to take your Chelsea buns
home in.

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.
2. 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 bowl. 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. Allow 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.

