

Iced Buns



Ingredients for Buns:

250g Strong Plain White or Brown Bread Flour
100ml Warm Water
50g Butter
25g Caster Sugar
7g (1 Sachet) Fast Acting Easy Blend Dried Yeast
1 Egg
½ Teaspoon Salt
Egg and Milk Wash: School to Provide



You will need to bring a container to take your iced buns home in.

Ingredients for Icing / Decoration:

100g Icing Sugar
30ml Cold Water
2 Drops Food Colouring
1 Egg for Glaze
Sprinkles (optional)
Chocolate for melting and drizzling (optional)

Method:

1. Pre-heat oven to 220°C or Gas Mark 7.
2. Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
3. Sieve strong flour into a large plastic bowl.
4. Cut the butter into small even size pieces. Add to the flour and shake the bowl.
5. Rub the butter into the flour until the mixture resembles breadcrumbs. Shake the bowl and any lumps will rise to the top.
6. Add in the salt.
7. Crack the egg into a small bowl and beat with a fork.
8. Add the egg to the warm water and beat with a fork.
9. Add the water and egg mixture carefully into the large bowl a little at a time; you may not need to use the whole mixture! Mix with a round bladed knife. Gather dough together and turn onto a floured table.
10. Knead the dough with your hands for 10 minutes to form a soft elastic dough.
11. Place the dough back into the large bowl, cover with oiled cling-film and leave to prove in a warm place or the grill compartment of the cooker until doubled in size.
12. Once the dough has doubled in size, 'knock-back' the dough.
13. Divide dough into 6 to 8 and shape.
14. Place shapes on the baking tray, cover with oiled cling film and leave to prove in the grill compartment of the cooker for a further 15 to 25 minutes.
15. Glaze rolls with egg and milk wash.
16. Bake for 10 to 20 minutes until golden brown. To test they are fully cooked tap the bottom of the rolls and they should sound hollow.
17. Leave to cool on a cooling rack.
18. To make the glaze icing: Sieve icing sugar into a large mixing bowl. Add two drops of food colouring. Slowly add in the 30ml of cold water mixing continuously mixing with a teaspoon. Be careful, as you may not need it all! Once the buns have cooled, spread the icing over the top. Add any additional decoration ingredients.