

Chelsea buns

for the bun dough

200 ml milk
1 sachet yeast
600 g + (approx.) bread flour (50:50 white:wholemeal)
2 tbsp sugar (dark brown)
1 tsp salt
2 eggs
150 g butter
75 ml olive oil

1. Dissolve the yeast in the milk in bowl;
2. Add enough flour to form a loose (sponge) mix, then allow to rise (20 min);
3. Dissolve butter in olive oil over very low heat (<50°C);
4. Add dissolved butter/oil and all remaining ingredients to sponge mix with enough remaining flour to now form firm dough with wooden spoon;
5. Place small quantity of oil into bowl and roll dough around so coated with film (prevents dough drying), and allow to rise** (20 min);
6. Thoroughly knead dough; coat with oil film and allow to rise (20 min)

** Placing the bowl covered with a tea towel in an oven warmed to 40°C (but switched off) greatly assists the “allow to rise” steps

for the spice paste

55 grams currants
55 grams sultanas
90 g sugar (dark brown)
1 tbsp cinnamon (or spices of choice)
50 g (approx) butter (cold)

1. Mix currants, sultanas, cinnamon and sugar;
2. Remove bowl and dough from oven and set oven to 210°C;
3. Thoroughly knead dough;
4. Form ball and roll out into rectangle (approx. 400 mm ´ 250 mm);
5. Spread slivers of butter (use cheese slicer) onto rectangle; then cover evenly with fruit/sugar/spice mix; pressing gently so engages with butter/dough;

6. Fold the rectangle in three; roll out into rectangle (approx. 400 mm ´ 250 mm);
7. Roll up along shorter side so end up with 400 mm of rolled dough; brush long trailing edge with water so sticks;
8. Cut 10 mm off both ends and discard;
9. Divide remaining dough into about 12 slices;
10. Turn slices through 90° and place on non-stick baking paper on metal tray so when they finish proving, they are just about to touch each other;
11. Cover with tea towel and allow to prove near a source of warmth;
12. Sprinkle with caster sugar and cook for 15-18 minutes.

for the glaze

3 tbsp caster sugar
3 tbsp milk

1. Dissolve sugar in milk over heat to form glaze;
2. Remove buns from oven and apply glaze with food brush.

