

# Hot Cross Buns for Easter

Rev. Andy Martin Family Tradition



## ***Buns:***

1 cup	milk	4	eggs
2 TBSP	yeast	1 tsp.	cinnamon
1/2 cup	sugar	5 cups	flour
2 tsp.	Salt	1 1/3 cups	currants or raisins
1/3 cup	butter, melted, cooled	1	egg white
1/2 tsp.	nutmeg		

## ***Glaze:***

1 1/3 cups	confectioner's sugar	1/2 tsp.	lemon extract
1 1/2 tsp.	lemon zest	1- 2 TBSP	milk

## ***Directions:***

In a small saucepan, heat milk to very warm, but not hot (110°F if using a candy thermometer).

Fit an electric mixer with a dough hook. Pour warm milk in the bowl of mixer and sprinkle yeast over. Mix to dissolve and let sit for 5 minutes.

With mixer running at low speed, add sugar, salt, butter, cinnamon, nutmeg and eggs. Gradually add flour, dough will be wet and sticky, and continue kneading with dough hook until smooth, about 5 minutes. Detach bowl, cover with plastic wrap and let the dough rest for 30-45 minutes.

Return bowl to mixer and knead until smooth and elastic, for about 3 more minutes. Add currants or raisins and knead until well mixed. At this point, dough will still be fairly wet and sticky.

Shape dough in a ball, place in a buttered dish, cover with plastic wrap and let rise overnight in the refrigerator. Excess moisture will be absorbed by the morning. In the morning Let dough sit at room temperature for about a half-hour.

Line a large baking pan (or pans) with parchment paper (you could also lightly grease a baking pan, but parchment works better).

Divide dough into 24 equal pieces (in half, half again, etc., etc.). Shape each portion into a ball and place on baking sheet, about 1/2 inch apart. Cover with a clean kitchen towel and let rise in a warm, draft-free place until doubled in size, about 1 1/2 hours.

In the meantime, pre-heat oven to 400° F.

When buns have risen, take a sharp or serrated knife and carefully slash buns with a cross shape all the way across the top (an equilateral Greek Cross). Brush them with egg white and place in oven.

Bake for 10 minutes, then reduce heat to 350° F, then bake until golden brown, about 15 minutes more. Transfer to a wire rack.

Whisk together glaze ingredients, and spoon over buns in the cross pattern made earlier. Serve warm with butter, if possible.

**\*\*\*\*\* END OF RECIPE \*\*\*\*\***

It's customary, because of the Cross on the buns, to kiss them before eating, and to share one of these Hot Cross Buns with someone, reciting these words:

Half for you and half for me,  
Between us two shall goodwill be.

There's also an old nursery rhyme about this bread that your kids will love. It was said while playing hopscotch but it is actually a verse that was sung by the Hot Cross Bun vendor back when England was Merry Olde England. It goes:

Hot Cross Buns! Hot Cross buns!  
One a penny, two a penny,  
Hot cross buns!  
If you have no daughters give them to your sons,  
One a penny, two a penny  
Hot cross buns