



CHIPS Cookery Club

Recipe – Spicy Chelsea Buns

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Ingredients

250g strong white bread flour
25g butter or cooking marg
100-120ml warmed milk
1 tsp salt
1 x 5ml easy bake yeast
1 egg, beaten
1 x 5ml caster sugar
1 x 5ml cinnamon

Filling Ingredients

124g mixed dried fruit
50g light brown sugar
15g butter
Runny honey

Equipment needed

Mixing bowl
Small bowl
Measuring spoons
Measuring jug
Rolling pin
Baking tray 20cm
Pastry brush



Weigh the flour in a bowl. Add the salt.



Rub the fat into the flour until it resembles breadcrumbs.



Add the sugar and the cinnamon.



Beat the egg.



Add the yeast but keep separate from the salt. Mix lightly together.



Measure the milk and heat in the microwave for 20 seconds until warm but not hot. Add the egg.



Make a well, pour in the liquid and stir to mix.



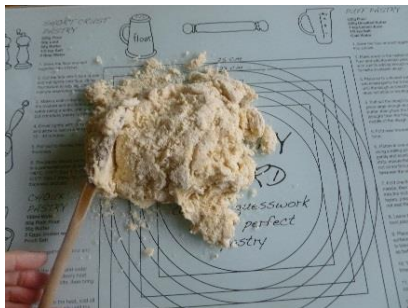
Roll out into a 30 x 23 cm rectangle on a floured board.



Stir until you form a soft dough adding all the liquid if needed.



Mix the dried fruit with the light brown sugar.



Turn onto a lightly floured board and form into a ball of dough.



Melt 15g butter in the microwave for 15 seconds until melted. Brush over the surface of the dough.



Knead the dough for 5-10 minutes until stretchy and soft. Add a little more flour if too sticky.



Scatter the fruit mixture over the dough leaving a 2cm border round the edge.



Roll up from the bottom edge. Pinch the edges together to seal. Cut into 9 or 10 slices.



Cover with oiled clingfilm and leave in a warm place for an hour to rise or until doubled in size.



Grease a round tin with the rest of the melted butter.



Bake at 190°C or Gas mark 5 for 30 minutes until golden and risen. Remove from the oven and brush the tops with the runny honey. Cool on a wire rack. Pull apart and eat whilst fresh.



Place the pieces in the tin and spread apart leaving space for them to rise.

You could substitute the dried fruit for cranberries and orange zest to make a more festive bun. Try garnishing the top with toasted flaked almonds. You could make some water icing and drizzle over the top to decorate.