

Chelsea Buns

Two Down, Bun To Go

(Oxford Tearoom Mysteries ~ Book 3)

INGREDIENTS:

- 500g (4 cups & 2.5 level tablespoons) plain white flour (plus extra for dusting / kneading) -
- 250ml (1 cup & 1 tablespoon) milk
- 5g (1.5 teaspoons instant) quick yeast
- 50g (3.5 tablespoons) unsalted butter
- 60g (1/4 cup) caster sugar
- 1 egg, lightly beaten
- Zest of 1 lemon
- 1 tsp mixed spice OR cinnamon
- 1 tsp salt
- Vegetable oil for greasing



For the filling:

- 30g (2 tablespoons) butter (very softened/ slightly melted)
- 75g Demerara sugar
- Dried fruit (as much or as little as you fancy):
100g dried sultanas (golden raisins) / 100g dried cranberries / 100g seedless raisins
(100g = 1/2 cup packed)

For the glaze:

- 2 tbsp caster sugar
- 1 tbsp milk
- OR
- 2 tbsp citrus juice
- 90g (2/3 cup & 1 tablespoon) sifted icing sugar.

INSTRUCTIONS:

- 1) Sift the flour into a large mixing bowl and combine with the sugar, salt, yeast and mixed spice or cinnamon, plus the lemon zest – mix well so that the spices and zest are evenly distributed in the flour.
- 2) Melt the butter and add the milk, warming the mixture until it is about 40°C / 105°F.
- 3) Make a well in the centre of the flour mixture and pour in the warm milk & butter mixture, as well as the beaten egg.
- 4) Stir and mix to combine the contents of the bowl, until it forms a wet dough and comes away from the sides of the bowl (you may need to add a little more flour)
- 5) Tip the dough out onto a well-floured clean surface and knead lightly for 5 minutes, until the dough is smooth and elastic. Add more flour if necessary so that the dough no longer feels sticky. *(You may prefer to use the dough hook on your standing mixer for 5 minutes, which is easier than kneading by hand.)*
- 6) Lightly grease the mixing bowl with some vegetable oil, then return the dough to the bowl and cover with a damp tea towel. Leave it in a warm, draught-free place and allow the dough to rise, until it has doubled in size (about 60 minutes). *** If the milk is not warm enough, the dough may need longer to rise—leave it until it has doubled in size.*
- 7) Tip the dough back out onto the work surface and knead briefly, then roll it out into a large rectangle that's about 20cm x 30cm (8in x 12in). You will have to use your fingers to stretch the dough, to coax it into a rectangular shape. Make sure the longer side is facing you.
- 8) Brush the surface of the dough with the melted butter and then scatter the Demerara sugar and dried fruit evenly across the surface.
- 9) Using your thumb, press down the edge of the long surface nearest to you, so that it “sticks” to the table – then take hold of the other end and roll the dough up towards you, into a tight cylinder. It's important that the dough is rolled as tight as possible.
- 10) Using a sharp knife, cut the roll up into slices, each one about 4cm (1½in) thick.

- 11) Lay the slices (cut side up) on a lightly greased baking tray, making sure that they're about 1cm apart. This is important so that they stick together as they bake and when pulled apart, produces that characteristic "square" shape of a Chelsea bun.
- 12) Cover with a tea towel and let them rest again for about 30mins.
- 13) Meanwhile, preheat the oven to 200C/400F/gas mark six.
- 14) Bake for about 20 – 25 minutes, until the buns have risen and are golden-brown. Check at around the 15 minute mark to make sure the fruit isn't burning – if so, cover the buns with a piece of foil.
- 15) While the buns are baking, make the glaze by heating the milk and caster sugar in a saucepan until boiling, then reduce the heat and simmer for 2-3 minutes. (Alternatively, you can also make a glaze by combining citrus juice and icing sugar)
- 16) When the buns are removed from the oven, brush immediately with the glaze, then set aside to cool on a wire rack. Once cool, tear them gently apart.

Enjoy!