



**BAKED GOODS  
FROM REGION  
TO REGION**

# Hot Cross Buns

It's April, it's Easter time and IREKS brings you a recipe for premium Hot Cross Buns. The recipe we are sharing is made using MELLA BRIOCHE POF which is a highly versatile 100 % palm oil-free mix.

The first definitive record of Hot Cross Buns comes from a London street cry: "Good Friday comes this month, the old woman runs with one or two a penny Hot Cross Buns" from 1733. This line also features in the children's nursery rhyme "One a penny two a penny Hot Cross Buns", first published in the London Chronicle in 1767.

## ST ALBANS

Theory has it that the contemporary Hot Cross Bun originates from St Albans in Southern England. It is here where in 1361, Brother Thomas Rodcliffe, a 14th century monk from St Albans Abbey, developed a similar recipe for the so-called "Alban Bun" which he gave to the poor on Good Friday.

St Albans is an ancient Cathedral City which lies 20 miles northwest of London. It takes its name from Britain's first Saint, Alban, who lived there. Back then, the city was known as Verulamium, a town in Roman Britain which was the second largest after Londinium.

## ST ALBANS



### Hot Cross Buns

using MELLA BRIOCHE POF

MELLA BRIOCHE POF	10.000 kg
Mixed spice	0.100 kg
Yeast	0.400 kg
Milk, approx.	4.600 kg

Sultanas, washed	1.500 kg
Currants, washed	1.500 kg
Candied orange peel/Candied lemon peel	0.750 kg

<b>Total weight</b>	<b>18.850 kg</b>
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Mixing time: 2 + 8 minutes  
4 minutes slow (work in fruit)

Dough temperature: approx. 27° C

Scaling weight: 1.800 kg

Intermediate proof: 20 minutes

**Instructions for use:**

After the intermediate proof, divide into 30 pieces, mould round and place the dough pieces slightly apart on greased trays. Wash with egg at ¾ proof, add the cross and bake.

Baking temperature: approx. 200° C

Baking time: approx. 15 minutes

**Batter for crosses:**

Wheat flour	1.000 kg
Shortening	0.300 kg
Water	0.750 kg

<b>Total weight</b>	<b>2.050 kg</b>
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