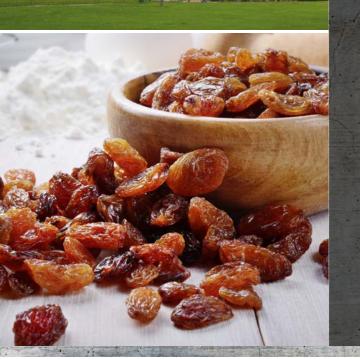


Hot Cross Buns

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.



Hot Cross Buns

using MELLA BRIOCHE POF

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

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

18.850 kg Total weight

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

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 2.050 kg

Total weight

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

