



Hot Cross Buns

- 1 oz yeast
- 2 level teaspoons sugar
- Approx 1 pint lukewarm milk and water
- 2 lb flour
- 4 oz sugar
- 1-2 level teaspoons mixed spice
- 2 level teaspoons salt
- 1 1/2 oz cooking fat
- 4 oz sultanas if available



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Cream the yeast and sugar and add the milk and water and mix in 1 tablespoon flour. Put in a warm place for 10 minutes. Mix the remaining flour, sugar, spice, and salt and rub in the fat; add the sultanas if used.

When the yeast mixture is covered in bubbles, make a hole in the flour, pour in the yeast and knead to a soft dough, adding more lukewarm milk and water if necessary. Cover with a clean cloth and leave in a warm place to rise for 1 hour or until doubled in size.

Divide the dough into 30 pieces, knead each piece until smooth and shape into a bun. Make a cross on each with a small knife and leave in a warm place until double the size.

Bake in a hot oven for 15 minutes or until brown and cooked.

GLAZE. Dissolve 2 level tablespoons sugar in 2 tablespoons water. Bring to the boil and use to brush over the buns while still hot.

The Ministry of Food created 42 information booklets and leaflets between 1943 and 1950 to show households how to make the most of their food rations. This leaflet from March/April 1950 has economical recipes for Easter and after.