

Eat The View



Recipes and Tips

Chelsea Buns

450g Strong Bread Flour
½ tsp salt
25g butter or margarine
25g soft light brown sugar
1 sachet instant yeast
150 ml milk
2 eggs

Filling:
25g soft light brown sugar
50g mixed dried fruit
1 tsp ground cinnamon
25g butter or margarine

Glaze:
50g caster sugar
1 tbsp of boiling water

Oven Temperature 200°C

Mix the flour and salt together in a bowl, rub in fat, stir in sugar and the yeast.

Warm the milk and beat the eggs

Add the milk and eggs and bind to form a dough

Turn out onto a lightly floured surface and knead well for 10 minutes

Roll out to a 30cm square, brush with melted butter and sprinkle over the fruit, sugar and cinnamon

Roll up like a Swiss roll and cut up into 8 slices. Arrange on the baking tray and leave in a warm place until the buns have doubled in size

Bake for 25-35 minutes until golden brown. Turn out onto a wire rack

To make the glaze melt together the water and sugar in a saucepan, bring to a boil stirring continuously and allow to cook for ½ - 1 minute until the sugar has dissolved. Brush over warm buns.