



## **Fairtrade Hot Cross Buns**

A fun twist on traditional Hot Cross Buns, making them with Fairtrade dried apricots and mangoes. Delicious toasted and buttered, and also with apricot jam.

Makes about 12 buns.

### **Ingredients:**

50g, plus 1 level tsp, caster sugar  
1 level tbs dried yeast (do not use the easy-blend dried yeast.)  
450g plain flour  
1 level tsp salt  
1 rounded tsp mixed spice  
50g Tropical Wholefoods Organic Fairtrade Mango chopped into 1cm pieces  
75g Tropical Wholefoods Fairtrade Sun Dried Apricots chopped into 1cm pieces  
40-55 ml warmed milk  
1 egg, beaten  
50 g butter, melted

### **For the glaze:**

2 level tbs granulated sugar  
2 tbs water

### **For the crosses:**

4 oz (110 g) plain flour  
3 tbs water

You will also need a greased baking sheet.

### **Method**

1. First stir the teaspoon of caster sugar into 150 ml hand-hot water, then sprinkle in the dried yeast and leave it until a good frothy 'beer' head forms.
2. Meanwhile sift the flour, salt and mixed spice into a mixing bowl and add the remaining 50 g of sugar, and the chopped dried fruits.
3. Make a well in the centre, pour in the yeast mixture plus 40 ml of milk (again hand-hot), the beaten egg and the melted butter. Now mix it to a dough, starting with a wooden

spoon and finishing with your hands (add a spot more milk if it needs it).

4. Transfer the dough on to a clean surface and knead it until it feels smooth and elastic – about 6 minutes.

5. Now pop it back into the bowl, cover the bowl with a lightly oiled plastic bag, and leave it in a warm place to rise – it will take about an hour to double its original size.

6. Turn it out and knead it again, back down to its original size.

7. Divide the mixture into 12 round portions, arrange them on the greased baking sheet (allowing plenty of room for expansion). Leave them to rise once more, covering again with the oiled polythene bag, for about 25 minutes. Meanwhile pre-heat the oven to 220C/425F/gas mark 7.

8. For the crosses, mix the flour and water, roll out thinly and divide into small strips, dampen and place on top of the buns before baking.

9. Bake the buns for about 15 minutes. While they're cooking, make the glaze by melting the sugar and water over a gentle heat. Brush the buns with the glaze as soon as they come out of the oven, to make them nice and sticky.