Mary Berry's hot cross buns



1 Match the words to the pictures.

a) caster sugar b) grated lemon zest c) yeast d) sultanas

1) 

2) 

3) 

4) 

2 Read the list of ingredients and convert British measures into European (Metric). Use the information in the table below. Round up your numbers for easier calculation!

Ingredients:

- 1lb 2oz / _____ g strong white flour, plus extra for dusting
- 2¾oz / _____ g caster sugar
- 2 tsp mixed spice powder
- 1 tsp ground cinnamon
- 1 lemon, finely grated zest only
- ¼oz/ _____ g salt
- ¼oz/_____ g fast-action dried yeast
- 1½oz/_____ g butter
- 10fl/_____ ml oz milk
- 1 free-range egg, beaten
- 7oz/_____ g sultanas
- 1¾oz/_____ g finely chopped mixed peel
- oil, for greasing

For the topping:

- 2¾oz/_____ g plain flour
- 2 tbsp golden syrup, for glazing

1lb	(pound)	=	453.59237g	(grams)
1oz	(ounce)	=	28.34952312g	(grams)
1fl	(fluid ounce)	=	29.57ml	(millilitres)

3 Now watch and listen Mary Berry in action:
https://www.youtube.com/watch?v=MoIEUM7YGDE

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4 Fill in the missing verbs.

Complete the recipe with the verbs below. You will need to use some verbs more than once!

add x5	kneadx2	oil	remove
bake	leave x2	pipe	slip
brush	line	place x2	tip
cover	melt x2	preheat	turn + out
divide	mix x2	put	warm

_____ (1) the flour, sugar, spices and lemon zest into a large bowl and _____ (2) together. Then _____ (3) the salt and yeast, placing them on opposite sides of the bowl.

_____ (4) the butter in a pan and _____ (5) the milk in a separate pan. _____ (6) the butter and half the tepid milk to the dry ingredients. _____ (7) the egg and use your hands to bring the mixture together, incorporating the flour from the edges of the bowl as you go.

Gradually _____ (8) the remaining milk, to form a soft pliable dough (you may not need all of the milk).

_____ (9) the dough out on to a lightly floured work surface. _____ (10) by hand incorporating the sultanas and mixed peel into the dough. Lightly _____ (11) for 10 minutes until silky and elastic and forming a smooth ball. The kneading can also be done in a food mixer with a dough hook.

_____ (12) a bowl and _____ (13) the dough in a bowl, _____ (14) with cling film and _____ (15) to rest in a warm place for about 1½ hours or until doubled in size.

_____ the dough _____ (16) on to a floured surface and _____ (17) into 12 balls. _____ (18) 1-2 baking trays with paper and _____ (19) the balls on the tray, placing them fairly close together and flattening them slightly.

_____ (20) each baking tray into a large clean polythene bag, making sure the bag doesn't touch the buns. _____ (21) for 40-60 minutes until the buns have doubled in size.

_____ (22) the oven to 220C/200C Fan/Gas 7.

For the topping, _____ (23) the flour to a bowl with 100ml/3½fl oz water. _____ (24) together to make a paste and spoon into the icing bag.

When the buns have risen _____ (25) the polythene bags and _____ (26) a cross on each bun.

_____ (27) for 15-20 minutes until pale golden-brown, turning the baking trays round halfway through if necessary.

_____ (28) the golden syrup in a pan and while the buns are still warm, _____ (29) the buns with a little syrup to give a nice shine, before setting aside to cool on a wire rack.

Recipe source: http://www.bbc.co.uk/food/recipes/mary_berrys_hot_cross_65003

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