

# Chelsea Buns

## Ingredients

500g/1lb strong white flour, plus extra for dusting  
1tsp salt

1 x 7g/¼oz sachet fast-action dried yeast

300ml/10fl oz milk

40g/1½oz unsalted butter, softened at room temperature

1 free-range egg

vegetable oil, for greasing

For the filling

25g/1oz unsalted butter, melted

75g/3oz soft brown sugar

2 tsp ground cinnamon

150g/5oz dried mixed fruit

For the glaze

2 tbsp milk

2 tbsp caster sugar

## Method

- Sift the flour and salt into a large bowl. Make a well in the middle and add the yeast.
- Meanwhile, warm the milk and butter in a saucepan until the butter melts and the mixture is lukewarm.
- Add the milk mixture and egg to the flour mixture and stir until the contents of the bowl come together as a soft dough. (You may need to add a little extra flour.)
- Tip the dough onto a generously floured work surface. Knead for five minutes, adding more flour if necessary, until the dough is smooth and elastic and no longer feels sticky.
- Lightly oil a bowl with a little of the vegetable oil. Place the dough into the bowl and turn until it is covered in the oil. Cover the bowl with cling film and set aside in a warm place for one hour, or until the dough has doubled in size.
- Lightly grease a baking tray.
- For the filling, knock the dough back to its original size and turn out onto a lightly floured work surface. Roll the dough out into a rectangle 0.5cm/ $\frac{1}{4}$ in thick. Brush all over with the melted butter, then sprinkle over the brown sugar, cinnamon and dried fruit.
- Roll the dough up into a tight cylinder, cut ten 4cm/ $1\frac{1}{2}$ in slices and place them onto a lightly greased baking sheet, leaving a little space between each slice. Cover with a tea towel and set aside to rise for 30 minutes.
- Preheat oven to 190C/375F/Gas 5.
- Bake the buns in the oven for 20-25 minutes, or until risen and golden-brown.
- Meanwhile, for the glaze, heat the milk and sugar in a saucepan until boiling. Reduce the heat and simmer for 2-3 minutes.
- Remove the buns from the oven and brush with the glaze, then set aside to cool on a wire rack