

# FAMILY

HENDERSON NEWS

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## How to make this Easter tradition dish



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As Easter approaches it is an old English tradition to serve Hot Cross Buns on Good Friday, but these sweet breads are good anytime of the year.

The English generally prefer to flavor the buns with currants and citrus peel.

Here in the U.S., raisins and mixed candied fruit are the more likely addition to spice-flavored dough.

### Hot Cross Buns

#### Ingredients:

2 packages (1/4 ounce) active dry yeast  
2 cups warm milk (110-115 degrees F)  
1/3 cup butter or margarine, softened  
2 eggs, lightly beaten  
1/4 cup sugar  
1 1/2 teaspoons salt  
6-7 cups all-purpose flour  
1/2 cup raisins  
1/2 dried currants  
1/4 cup chopped candied fruit (optional)  
1 teaspoon ground cinnamon  
1/4 teaspoon allspice  
1/4 teaspoon ground nutmeg  
2 Tablespoons water  
1 egg yolk

#### Vanilla Icing:

1 cup powdered sugar, sifted  
2 Tablespoons milk  
1/4 teaspoon vanilla extract

#### Directions:

1. In a mixing bowl, dissolve yeast in milk. Let set for 10 minutes.
2. Stir in butter, eggs, sugar, and salt.
3. Combine 3 cups of flour, raisins, currants, candied fruit (if using), cinnamon, allspice and nutmeg; add to yeast mixture and mix well. Stir in enough remaining flour to form a soft dough.
4. Turn onto a floured surface and knead until smooth and elastic, about 6 to 8 minutes.
5. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm space until doubled; about 1 hour.
6. Punch dough down; shape into 1 1/2-2-inch balls. Place 2 inches apart on greased baking sheets. Using a sharp knife, cut a cross on top of each roll. Cover and let rise until doubled in size, about 30 minutes.
7. Mix water and egg yolk together; brush over rolls.
8. Bake at 375 degrees F for 15-20 minutes or until golden brown. Cool on wire racks.
9. Combine vanilla icing ingredients together until smooth and drizzle a cross pattern on top of each roll.

Makes 2 1/2 dozen rolls.