

SAFFRON BUNS RECIPE

Prep time: 30 minutes

Rising time: 2 hours

Bake time: 15-20 minutes

Makes: 12 buns

Ingredients

- For the buns:
 - o 1 jar (0.4g) saffron threads
 - o 250ml whole milk
 - o 90g clotted cream (plus extra to serve, optional)
 - o 50g butter, diced
 - o 550g strong bread flour
 - o 1 tsp fine sea salt
 - o 50g caster sugar
 - o 1 sachet (7g) fast-action yeast
 - o 1 tsp ground cinnamon
 - o 100g currants
 - For the glaze:
 - o 50g caster sugar
 - o 2 tbsp water
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Instructions

1. Get Ready!

Wash your hands, put on an apron, and gather all your ingredients.

2. Infuse the saffron milk.

Pour the milk into a small saucepan and sprinkle in the saffron threads.

Ask an adult to help you gently warm the milk on the stove until it's hot but not boiling. Turn off the heat and let it sit for 10 minutes to turn golden.

3. Melt the butter and clotted cream.

Add the diced butter and clotted cream to the warm saffron milk. Stir until melted. Set aside to cool until it's warm but not hot.

4. Mix the dry ingredients.

In a big mixing bowl, add the flour, salt, sugar, yeast, and cinnamon. Mix them together with a wooden spoon.

5. Combine the wet and dry ingredients.

Pour the saffron milk mixture into the bowl with the dry ingredients.

Use a spoon (or your hands!) to mix until a soft dough forms.

6. Knead the dough.

Sprinkle some flour on a clean table or countertop.

Put the dough on the surface and knead it by stretching, folding, and pressing it for about 8-10 minutes, until it's smooth and stretchy.

7. Add the currants.

Flatten the dough a little and sprinkle the currants on top. Knead again until the currants are evenly mixed in.

8. Let the dough rise.

Shape the dough into a ball and place it in a clean bowl. Cover with a tea towel and leave it in a warm spot for 1-2 hours, until it doubles in size.

9. Shape the buns.

Punch down the dough to get rid of air bubbles.

Divide the dough into 12 pieces and roll each one into a bun shape. Place them on a baking tray lined with baking paper.

10. Final rise.

Cover the buns with the tea towel again and let them rise for 30 minutes.

11. Bake the buns!

Preheat the oven to 200°C (180°C fan) or 400°F.

Ask an adult to help you put the buns in the oven. Bake for 15-20 minutes, until golden brown.

12. Make the glaze.

While the buns bake, stir the 50g sugar and 2 tbsp water in a small saucepan.

Ask an adult to help you heat it gently until the sugar dissolves into a syrup.

13. Brush and cool.

As soon as the buns come out of the oven, brush them with the syrup for a shiny glaze.

Let them cool slightly before enjoying with clotted cream if you like!

