

# Saint Lucia Buns

Makes 12 small buns



## Ingredients (allergens in bold)

- 100g salted **butter**
- 250ml **milk**
- a big pinch of saffron strands
- 500g plain **flour** (plus extra to knead)
- 7g easy blend fast action yeast
- ½ tsp salt
- 50g caster sugar
- 50g **raisins**
- 1 egg

## Method

1. Melt the butter in a small pan then add the milk and saffron. Heat gently until lukewarm. Remove from the heat and stand for a few minutes whilst the saffron turns the milk yellow.
2. Place the flour in a mixing bowl and add the yeast, salt, sugar and raisins. Mix to combine.
3. Pour the lukewarm milk mixture into the bowl of dry ingredients and stir with a wooden spoon to bring everything to a soft dough that comes cleanly from the edge of the bowl.
4. Knead the dough on a floured surface for 10 minutes until it is shiny but not sticky or dry. Place the dough back in the bowl, cover with a clean tea towel and leave to rise for 1½ hours at room temperature.
5. Tip the dough out onto a floured surface and lightly knead again. Divide the dough into 12 equal pieces. Roll each piece into sausages then form into different curly shapes.
6. Place the buns on a large baking tray lined with baking parchment, cover with a clean tea towel and leave to rise again for 30 minutes.
7. Preheat the oven to 180°C / Gas 4. Brush the buns with beaten egg then bake for 20-25 minutes or until golden brown. Cool on a wire rack and eat as they are or spread with butter.



## Equipment

- small pan
- measuring jug
- mixing bowl
- wooden spoon
- clean tea towel
- baking tray
- baking parchment
- cooling rack

## Recipe notes and tips

The 18<sup>th</sup> Century Swedish fable of Saint Lucia bringing light, song, food and wine is celebrated every year on 13<sup>th</sup> December. Girls dress up in long white dresses and walk carrying lit candles singing the Lucia carol. These sweet, saffron bread buns are a tasty part of the celebrations.

The dough can be prepared ahead of a lesson and young children each given a piece of dough to shape themselves.