



# ST. LUCIA BUNS



## Ingredients to make 5 buns

### **saffron milk**

*1/3 teaspoon crushed saffron  
20g warm scalded whole milk*

### **quick sponge**

*75g strong white flour  
5g dried yeast  
45g warm scalded whole milk*

### **remaining ingredients**

*145g strong white flour  
40g caster sugar  
2g salt  
55g melted butter  
a handful of sultanas  
30g egg, beaten (1/2 one large egg)  
4 cardamom seeds & orange zest (1)  
apricot jam to glaze the buns*

## Method

First scald 65g milk (enough for the saffron milk & the sponge mixture) and allow to cool to just warm. Heat the saffron in a dry frying pan till it goes darker then crush it and add it to 20g of the scalded milk in a small cup. Set this saffron milk aside for 30 mins.

Now in a 2 litre bowl mix 45g warm scalded milk, the yeast and 75g of flour. Cover this sponge and leave it to ferment for 30 minutes.  
Melt the 55g butter then add the 40g sugar and crushed cardamom seeds.

Once the yeasted flour has had its 30 minutes ferment, mix in the remainder of the flour and the saffron milk. Now add the butter/sugar/cardamom mixture, the orange zest and the beaten egg. Mix this together till you have a soft dough.  
Knead the dough energetically for roughly 10 minutes until it is smooth and springy. Clean all the scraps out of the bowl, then put the dough back in, covered with a cloth or film, in a warm place for at least one hour.

Cut the dough into **5** pieces, each about **85g**. Roll each into a sausage under the palm of your hand then use both hands to roll out to about **12"**. Dust this lightly with flour then roll each end into the middle with one curl going upwards away from you and the other downwards toward you. Plant a sultana deep in the centre of each curl. Place on a floured baking tray, allowing for expansion. Leave in a warm corner for about an hour.

Bake at **190°C for 15 mins**. Immediately the buns come out of the oven glaze with apricot jam to which a little warm water has been added.