

Cinnamon Buns

<p>Ingredients</p> <p><u>Bread:</u> 300g Strong White Bread Flour 40g Caster Sugar. 1 sachet fast action yeast. 50g butter . 1 egg 150 ml milk</p> <p><u>Filling:</u> 25g butter. 25g caster sugar. 1/2 tsp cinnamon. 50g Sultanas - optional</p> <p><u>Icing :</u> 150g Icing sugar. 2-3 tbsp water</p>	<p>Equipment</p>
<p style="text-align: center;">Oven temperature : 200 C Gas Mark 6</p>	
<p><u>Method:</u></p> <ol style="list-style-type: none"> 1. Sift the flour into a bowl. Stir in the sugar and yeast. Make a well in the centre. 2. Place 50g butter and milk in a small saucepan. Heat until the butter is melted. The milk should be warm. DO NOT BOIL. Add to the flour with the egg and mix to a soft dough. Knead for 5-10 mins until soft and elastic. 3. Mix the spiced butter ingredients until evenly combined. 4. Roll the dough into a rectangle. Spread with spiced butter & sprinkle with fruit. Roll up like a swiss roll then cut into 7 even pieces. 5. Arrange in a circle on a baking sheet. 6. Leave to prove for 15 - 20 mins. 7. Make the icing by mixing the icing sugar and lemon juice. 8. Bake for 15 - 20 mins. 9. Leave to cool. Dizzle the icing over the rolls. 	