

# WEDNESDAY

## Belgian Buns



### Did you know?

No firm link has so far been established between the bun and Belgium; however, that country does produce as one of its specialties a very similar dessert (though with less icing) known as a rozijnenkoek or couque suisse.

### Ingredients (sweet dough)

- 450 g (3 ¼ cups) strong white bread flour
- 1 tablespoon fast action yeast
- 4 tablespoons caster sugar
- 115 g (4 oz) softened butter
- 200 ml (7 fluid oz) warm milk
- 1 egg - beaten

### (the topping)

- 100g softened butter
- 100g golden caster sugar
- 100g self-raising flour
- 1 tsp baking powder
- 1 tsp vanilla extract
- 2 eggs

### (the filling)

- 5 tablespoons lemon curd
- 100 g sultanas

### You will need:

- 2 large baking trays

### Preparation (dough)

- 1 Combine all the dough ingredients, in either the bowl of an electric mixer with a dough hook fitted or in a large mixing bowl.
- 2 Mix on slow speed number 1 for approximately 1 to 2 minutes then on speed number 2 for 8 to 10 minutes.
- 3 If mixing by hand stir the ingredients together until they form a ball and then knead for 10 to 12 minutes.
- 4 Check your dough is sufficiently smooth and elastic to pass the windowpane test.
- 5 Place your dough in a large greased mixing bowl and cover.
- 6 Leave to rest in a warm place for at least one and a half hours or until doubled in size.

### Decorate:

- 1 Spoon the lemon icing onto the top of each bun and top with a cherry.

### Shape and bake your Belgian Buns:

- 1 Transfer the dough to a floured work surface and roll out into a rectangle about 40 x 25 cm
- 2 Spread the dough with lemon curd and sprinkle with the sultanas.
- 3 Starting from a longside, tightly roll up the dough like a swiss roll or jelly roll and with a sharp knife cut into 12 even slices.
- 4 Lay slices flat on your lined baking trays and cover with a cloth or greased cling film. Leave to rise from approximately 30 to 45 minutes until well risen.
- 5 Preheat oven to 400°F / 200°C / Gas Mark 6
- 6 Bake the buns for 20 to 25 minutes until golden brown.

### Make your icing:

- 1 Sieve icing sugar into a large bowl and mix with the lemon juice until nice and smooth. Add extra lemon juice if necessary, the icing should drop slowly off your spoon.

### Notes:

Preparation time does not include proving times.