

Mary Berry's hot cross buns



1 Match the words to the pictures.

- a) caster sugar b) grated lemon zest c) yeast d) sultanas

1)



2)



3)



4)



2 Read the list of ingredients and convert British measures into European (Metric). Use the information in the table below. Round up your numbers for easier calculation!

Ingredients:

- 1lb 2oz / _____ g strong white flour, plus extra for dusting
- 2¾oz / _____ g caster sugar
- 2 tsp mixed spice powder
- 1 tsp ground cinnamon
- 1 lemon, finely grated zest only
- ¼oz / _____ g salt
- ¼oz / _____ g fast-action dried yeast
- 1½oz / _____ g butter
- 10fl / _____ ml oz milk
- 1 free-range egg, beaten
- 7oz / _____ g sultanas
- 1¾oz / _____ g finely chopped mixed peel
- oil, for greasing

For the topping:

- 2¾oz / _____ g plain flour
- 2 tbsp golden syrup, for glazing

| | | | | |
|------------|---------------|---|--------------|---------------|
| 1lb | (pound) | = | 453.59237g | (grams) |
| 1oz | (ounce) | = | 28.34952312g | (grams) |
| 1fl | (fluid ounce) | = | 29.57ml | (millilitres) |

3 Now watch and listen Mary Berry in action:

<https://www.youtube.com/watch?v=MoIEUM7YGDE>

4 Fill in the missing verbs.

Complete the recipe with the verbs below. You will need to use some verbs more than once!

add x5
bake
brush
cover
divide

knead x2
leave x2
line
melt x2
mix x2

oil
pipe
place x2
preheat
put

remove
slip
tip
turn + out
warm

_____ (1) the flour, sugar, spices and lemon zest into a large bowl and _____ (2) together. Then _____ (3) the salt and yeast, placing them on opposite sides of the bowl.

_____ (4) the butter in a pan and _____ (5) the milk in a separate pan.
_____ (6) the butter and half the tepid milk to the dry ingredients. _____ (7) the egg and use your hands to bring the mixture together, incorporating the flour from the edges of the bowl as you go.

Gradually _____ (8) the remaining milk, to form a soft pliable dough (you may not need all of the milk).

_____ (9) the dough out on to a lightly floured work surface. _____ (10) by hand incorporating the sultanas and mixed peel into the dough. Lightly _____ (11) for 10 minutes until silky and elastic and forming a smooth ball. The kneading can also be done in a food mixer with a dough hook.

_____ (12) a bowl and _____ (13) the dough in a bowl, _____ (14) with cling film and _____ (15) to rest in a warm place for about 1½ hours or until doubled in size.

_____ the dough _____ (16) on to a floured surface and _____ (17) into 12 balls.
_____ (18) 1-2 baking trays with paper and _____ (19) the balls on the tray, placing them fairly close together and flattening them slightly.

_____ (20) each baking tray into a large clean polythene bag, making sure the bag doesn't touch the buns. _____ (21) for 40-60 minutes until the buns have doubled in size.

_____ (22) the oven to 220C/200C Fan/Gas 7.

For the topping, _____ (23) the flour to a bowl with 100ml/3½fl oz water. _____ (24) together to make a paste and spoon into the icing bag.

When the buns have risen _____ (25) the polythene bags and _____ (26) a cross on each bun.

_____ (27) for 15-20 minutes until pale golden-brown, turning the baking trays round halfway through if necessary.

_____ (28) the golden syrup in a pan and while the buns are still warm, _____ (29) the buns with a little syrup to give a nice shine, before setting aside to cool on a wire rack.

Recipe source: http://www.bbc.co.uk/food/recipes/mary_berrys_hot_cross_65003

Answer key:

1

a-2, b-3, c-4, d-1

2

1lb 2oz = 500g

2¾oz = 75g

¼oz = 10g

1½oz = 40g

10fl oz = 300ml

7oz = 200g

1¾oz = 50g

2¾oz = 75g



4

Put the flour, sugar, spices and lemon zest into a large bowl and **mix** together. Then **add** the salt and yeast, placing them on opposite sides of the bowl.

Melt the butter in a pan and **warm** the milk in a separate pan. **Add** the butter and half the tepid milk to the dry ingredients. **Add** the egg and use your hands to bring the mixture together, incorporating the flour from the edges of the bowl as you go. Gradually **add** the remaining milk, to form a soft pliable dough (you may not need all of the milk).

Tip the dough out on to a lightly floured work surface. **Knead** by hand incorporating the sultanas and mixed peel into the dough. Lightly **knead** for 10 minutes until silky and elastic and forming a smooth ball. The kneading can also be done in a food mixer with a dough hook.

Oil a bowl and **place** the dough in a bowl, **cover** with cling film and **leave** to rest in a warm place for about 1½ hours or until doubled in size.

Turn the dough **out** on to a floured surface and **divide** into 12 balls. **Line** 1-2 baking trays with paper and **place** the balls on the tray, placing them fairly close together and flattening them slightly.

Slip each baking tray into a large clean polythene bag, making sure the bag doesn't touch the buns.

Leave for 40-60 minutes until the buns have doubled in size.

Preheat the oven to 220C/200C Fan/Gas 7.

For the topping, **add** the flour to a bowl with 100ml/3½fl oz water. **Mix** together to make a paste and spoon into the icing bag.

When the buns have risen **remove** the polythene bags and **pipe** a cross on each bun. **Bake** for 15-20 minutes until pale golden-brown, turning the baking trays round halfway through if necessary.

Melt the golden syrup in a pan and while the buns are still warm, **brush** the buns with a little syrup to give a nice shine, before setting aside to cool on a wire rack.

About Mary Berry



Mary Berry is one of the most-loved and well-known British chefs who published more than 70 cookery books. She was a judge on the BBC's programme *The Great British Bake Off*, which was shown on Croatian television, too. She is now 82 and still active as a judge and presenter in various TV cooking shows.

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