



## Fig & cardamom hot cross buns

**MAKES 12** **PREP 35 mins** plus 3 hrs proving and cooling  
**COOK 25 mins** **EASY** **V**

*'Hot cross buns are the signature Easter bake. If you fancy trying a new take on a classic, these figgy buns are still rich with cinnamon, but also spiked with fragrant cardamom and jammy pieces of dried fig. They're perfect served warm with a generous slather of salted butter.'* **Esther Clark**

250ml whole milk  
50g unsalted butter  
500g strong white bread flour, plus extra for dusting  
½ tsp fine salt  
1½ tsp ground cinnamon  
30 cardamom pods, seeds crushed using a pestle and mortar

80g caster sugar  
7g sachet fast-action dried yeast  
2 medium eggs  
80g dried figs, chopped  
30g sultanas  
vegetable oil, for proving  
75g plain flour, for the topping

**1** Put the milk and butter in a saucepan and bring to a simmer. Swirl the pan to melt the butter, then leave to cool until just warm.

**2** Combine the bread flour, salt, cinnamon, cardamom, sugar and yeast in a large bowl. Make a well in the centre. Beat 1 egg, then tip into the well along with the buttery milk. Mix to a rough dough, then tip onto a lightly floured surface. Gently knead in the fruit. Continue kneading for 10 mins until smooth and elastic. Put in an oiled bowl, cover and leave in a warm place for 2 hrs until doubled in size.

**3** Tip the risen dough onto a lightly floured surface and knock it back by lightly punching out the air. Divide into 12 pieces, roll into balls, and place on a baking tray

lined with baking parchment, leaving space between each. Cover loosely and leave to prove for another hour.

**4** Heat the oven to 220C/200 fan/gas 7. Beat the remaining egg and brush it over the buns. Mix the plain flour with 1 tbsp water to make a thick, pipeable paste. Spoon into a piping bag fitted with a small round nozzle. Pipe crosses on the buns. Bake on the middle shelf of the oven for 15-20 mins until deep golden brown. Leave to cool slightly before serving.

**PER BUN** 285 kcals • fat 6g • saturates 3g • carbs 49g • sugars 13g • fibre 3g • protein 8g • salt 0.3g



### ESTHER CLARK

Esther is Good Food's deputy food editor. She trained at Leiths School of Food and Wine, and worked as a chef in Italy. She loves creating recipes using seasonal produce.

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Samuel Groves  
Made in England 1847

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