

TRADITIONAL ICED BUNS



12 SERVINGS



PREP TIME:
60 MIN



COOK TIME:
10 MIN

INGREDIENTS

For the dough

500g Strong White Flour
50g Caster Sugar
40g Unsalted Butter
(softened)
2 Medium Eggs
14g Instant Yeast
1 tsp Salt
150ml Warm Milk
140ml Warm Water

For the icing

200g Icing Sugar
5 tsp Cold Water

For the filling

200ml Whipping Cream
100g Strawberry Jam

DIRECTIONS

- Place all the ingredients, except the water into the bowl of a stand mixer (you can do it all by hand too). Mix on a low speed, drizzling in the water as you do so, until the mixture forms a shaggy dough. Increase the mixer to medium speed and knead until the dough is smooth and elastic (about 8 minutes). It will still be very tacky.
- Place the dough into a lightly greased bowl and cover with plastic wrap. Then allow to proof in a warm place for about an hour, until the dough has doubled in size. Tip the dough out onto a floured work surface, and knock the air out. Divide the dough into 12 pieces, each about 85g, then roll into balls and shape into fingers about 13cm/5in long. Place the dough fingers onto a parchment lined baking tray, leaving space for them to double in size. As they double in size they should just touch each other. Set aside in a warm place for 40 minutes.
- Preheat the oven to 210C/190C Fan/420F. Bake in the oven for 10 minutes then place them on a wire rack, separating the buns so they cool quicker.
- Sift the icing sugar in a wide bowl and gradually stir in the cold water to form a thick paste. Dip the top of the cooled fingers into the icing and carefully smooth it. Place aside until the cream is ready.
- Whip the cream (adding a little sugar if you wish) until it is thick and holds a peak. Spoon it into a piping bag. Place the jam into another piping bag.
- Slice the iced fingers diagonally leaving one long edge intact.
- Pipe in a generous line of whipped cream into the middle of each finger, then a thinner line of jam

