

Hot Cross Buns with Glaze

Evelyn Day

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*5 1/2 to 6 cups flour
1/2 cup sugar
1 teaspoon salt
1/2 teaspoon nutmeg
2 packages yeast
1 cup milk
1/2 cup margarine
1 egg
1/2 cup citron
1/2 cup currants
1 egg white, slightly beaten
1 cup 10X sugar
1/2 teaspoon vanilla
1 to 2 teaspoons hot water*

FOUR HOURS BEFORE SERVING: In a bowl, combine the 1-1/2 cups of flour, sugar, salt, nutmeg and yeast. In a saucepan, warm 1/2 cup of water, the milk and margarine. Add the mixture to the flour mixture. Mix at low speed. Beat in the egg. Beat at medium speed for 2 minutes.

Beat in 3/4 cup of the flour and beat for 2 minutes more. Add the citron, currants and enough flour to make soft dough. Knead for 10 minutes. Shape into a ball. Cover. Let rise for 1-1/2 hours. Punch down, turn on a lightly floured surface and cut into eighteen pieces. Cover with a towel and let stand for 15 minutes.

Grease a 13x9 inch pan. Shape the dough into balls. Cut a deep cross in the top. Cover and let rise for one hour. Brush the tops with egg white, if desired.

Bake in the oven at 375 degrees for 20 to 25 minutes.

Make the glaze: In a bowl, mix together the sugar, vanilla and hot water.

Remove from the oven. Place on a rack and cool halfway. When cooled to a warm temperature, glaze the buns.

Per Serving (excluding unknown items): 4200 Calories; 112g Fat (24.1% calories from fat); 98g Protein; 697g Carbohydrate; 29g Dietary Fiber; 245mg Cholesterol; 3477mg Sodium. Exchanges: 35 Grain(Starch); 2 Lean Meat; 3 1/2 Fruit; 1 Non-Fat Milk; 20 Fat; 6 1/2 Other Carbohydrates.