

Yeast Buns

Ingredients:

- 3 tsp Dried Yeast
- ½ cup Warm Water
- 2 tblsp Sugar
- 2 cups Plain Flour
- 2 tblsp Skim Milk Powder
- 1 tsp Salt
- ½ tsp Cinnamon
- ½ tsp Mixed Spice
- ½ cup Mixed Fruit
- 2 tblsp Butter, melted
- 1 Egg, beaten

Cooking time:

15 minutes

Utensils:

Flat Oven Tray



Method:

1. Preheat oven to 200°C.
2. Place yeast, sugar and warm water in a medium mixing bowl. Cover with glad wrap and place in the griller area until yeast becomes frothy, this should take about 10 minutes.
3. Sift flour, powdered milk, salt and spices. Add fruit.
4. Make a well in centre of flour, pour in yeast mixture, and add melted butter and egg. Mix into a soft dough.
5. Lightly flour bench, place dough on the bench and knead until smooth.
6. Place dough back in mixing bowl, cover and place in griller area for 20-30 minutes.
7. Divide dough into 12 pieces and shape each into a ball. Place on a greased tray.
8. Place in grill area again for 10 minutes, then place in oven and bake for 15 minutes. Bun should sound hollow when cooked.
9. Place buns on cake cooler, glaze before cooling.

Notes: Glaze

4 tblsp Sugar, ½ cup Water

Place in small saucepan stirring until sugar dissolves. Boil for 10 minutes.