

Cornish Saffron Buns



Equipment

Stand Mixer (don't worry if you don't have one)
Two Baking Trays
Saucepan
Greaseproof Paper
Pastry Brush
Small Bowl

Ingredients

300ml	Whole Milk
0.4g	Saffron Strands
90g	Clotted Cream
50g	Butter, at room temperature
550g	Strong White Bread Flour
10g	Fine Sea Salt
50g	Golden Caster Sugar
7g	Dried Yeast
70g	Raisins
30g	Mixed Peel
1	Egg White
1	tbsp Caster Sugar

Method

1. Heat the milk in a saucepan to almost boiling point. Remove from the heat and lightly crumble the saffron threads between your fingers into the milk, then stir. Stir in the clotted cream and butter until fully melted. Set aside to infuse for 15–20 minutes or until the mixture is about blood temperature and a golden yellow colour.
2. Combine the sifted flour, salt, sugar and yeast in the bowl of a food mixer fitted with a dough hook. Make a well in the centre and add the warm milk mixture. Stir to combine. Knead on a slow speed for about 5 minutes.
3. Add the raisins and mixed peel and continue to knead for a further 5 minutes until the dough feels springy and elastic. It should bounce back when pressed with a finger.
4. Cover the bowl with cling film or a clean tea towel and leave to rise in a warm place for about 45–60 minutes, or until doubled in size. (Alternatively combine all the ingredients – except the raisins and peel – in a bowl and add the warm milk mixture. Knead by hand briefly until you have a smooth dough, then add the dried fruit and knead for a further 6–8 minutes until smooth and elastic).
5. When risen, turn the dough out onto a floured board and knock it back (knock the air out of the dough) and knead for a couple of minutes.
6. Divide the dough into 8–10 even pieces and roll each into a ball. Arrange them on a baking sheet, leaving some space between each. Cover with a tea towel or cling film and leave to rise again for about 25–30 minutes.
7. Preheat the oven to 200C/180C Fan/Gas 6.
8. Whisk up the egg white and caster sugar
9. Brush this liberally over each bun
10. Bake the buns for about 20 minutes until risen and golden.
11. Remove the buns from the oven and put on a wire rack.