

TRURO SCHOOL COOKERY

SAFFRON BUNS

Makes 12

3 large pinches of saffron
115g caster sugar
450g strong white bread flour
½ teaspoon fine salt.
1 x 7g sachet easy blend dried yeast
60g butter
60g lard or white shortening
150g sultanas, raisins or currants
A little extra flour for kneading



Method

Place two large pinches of the saffron and 1 tablespoon of the caster sugar into a pestle and mortar and grind to a smooth powder. You can use a small mixing bowl and the end of a rolling pin if you do not have a pestle and mortar.

Place this ground powder into a jug and pour on 250 ml hot water. Add the remaining one large pinch of saffron and stir well.

Sieve the flour and salt into a large mixing bowl.

Cut the butter and lard into small pieces and rub into the flour with the tips of your fingers until the mixture resembles fine breadcrumbs.

Stir in the dried fruit and the rest of the caster sugar and mix well.

Make a well in the centre of the dried ingredients and pour in the saffron liquid.

Mix into a soft sticky dough using a table knife.

Tip the dough onto a well floured worktop and knead for at least 5 minutes until the dough is soft and elastic.

Transfer to a clean lightly oiled mixing bowl and cover with a piece of lightly oiled cling film.

Leave in a warm place for at least an hour until the dough is doubled in size.

Pre-heat the oven to 180c/Gas mark 6.

Tip the risen dough onto a floured worktop and knead again for 2 - 3 minutes until smooth.

Cut the dough into 12 equal pieces, then roll each into a smooth 'bread roll' shape.

Place onto two baking trays lined with greaseproof paper and cover again with lightly oiled cling film.

Leave to rise for a further 30 minutes, then remove the cling film and bake for about 20 minutes until risen, golden and hollow when lightly tapped underneath.

Eat the same day warm from the oven. Or the day after toasted and spread with lots of butter or clotted cream.