

## SKILL LEVEL



PREP  
**50**  
MINS

PROVE TIME  
**90-150**  
MINS

BAKE TIME  
**15-20**  
MINS

MAKES  
**10**

## IN THE KIT

- Bag 1:** 225g strong white flour
- Bag 2:** 110g strong white flour, 45g caster sugar, ¼ tsp salt
- Bag 3:** 2 tsp yeast
- Bag 4:** 50g caster sugar
- Bag 5:** 75g sultanas
- Bag 6:** 250g icing sugar
- Flour for dusting:** 50g strong white flour
- 2 x A4 baking paper**

## YOU WILL NEED

- 130ml milk, plus extra for glazing
- 65g unsalted butter (40g + 25g), softened, plus extra for greasing
- 2 medium eggs
- 1 lemon
- Optional: 5 x glacé cherries

- 2 x baking trays

## STORAGE

Once cooled, store in an airtight container in a cool, dry place. Freeze after step 7, prior to icing, for up to 3 months. Defrost fully and then warm in the oven. Continue with step 8.

## SHARE YOUR EXPERIENCE WITH US...



@bakedincakes



Baked In Ltd.  
Office 112, Slington House,  
Rankine Road, Basingstoke,  
Hampshire, RG24 8PH



790g

## INGREDIENTS

Strong white bread flour (**wheat** flour, calcium, niacin, iron, thiamin), icing sugar (sugar, cornflour starch), caster sugar, sultanas (sultanas, sunflower/cotton seed oil), yeast (yeast, emulsifier (sorbitan monostearate)), salt (salt, anti-caking agent (sodium ferrocyanide)).

Nutritional info	Per 100g (as sold)
Energy kJ/kcal	1497kJ/358kcal
Fat	0.8g
of which saturates	0g
Carbohydrate	81g
of which sugars	48g
Protein	7.8g
Salt	0.65g

### Allergens:

For allergens see ingredients in **bold**.  
May contain: **milk, tree nuts & soya.**

### Best before:

See sticker.

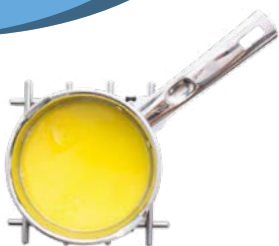
Suitable for vegetarians.



# Belgian BUNS



Serving suggestion



1. Lightly grease a large bowl and leave to one side. In a small pan, or in the microwave, warm 130ml of milk until lukewarm (if you have a thermometer this is about 40°C). Add 40g of butter into the warmed milk and allow it to melt. Leave to one side for later.



2. In a clean bowl (not the greased bowl), combine the strong white flour (**bag 1**), the strong white flour, caster sugar, and salt (**bag 2**), and yeast (**bag 3**). Make a well in the centre of the dry ingredients and add 1 egg and mix until combined. Gradually add the milk and butter mixture and mix to make a slightly tacky dough, you may not need all the liquid. If the dough is too dry to hold together, sparingly add some more milk, 1 tsp (5ml) at a time.



5. Beat 1 egg in a separate bowl and add to the mixture. Increase the heat to medium and whisk constantly for 2-3 minutes until thickened (be careful, as the mixture is very hot). Strain the curd through a sieve set over a clean bowl (you may need to push it through with a spoon), and leave in the fridge to cool completely.



6. Once the dough has proved, tip out the dough, and knead a couple of times to knock the air out. Roll the dough into a rectangle, approximately 40cm long and 25cm wide. Evenly spread the cooled lemon curd over the dough and sprinkle with sultanas (**bag 5**). Roll the dough up tightly starting from the long edge. Use a sharp knife to cut into 10 slices. Put 5 slices, cut side up, onto each prepared tray, leaving space between the buns.



3. Lightly dust a clean surface with some **flour for dusting** and tip the dough out. Knead for 8-10 minutes or until the dough is smooth, elastic and no longer tacky. Transfer the dough to the greased bowl, cover with cling film or a damp tea towel, and leave to prove in a warm place for 60-90 minutes or until doubled in size. Line the baking trays with the provided baking paper and leave to one side.



4. Whilst the dough is proving, make the lemon curd. Put the caster sugar (**bag 4**), the zest of half a lemon, the juice of a whole lemon, and 25g of butter in a saucepan. Cook on a low heat for 1-2 minutes, until the butter has melted and all the sugar has dissolved.



7. Cover with cling film, or a damp tea towel, and leave to prove in a warm place for a further 30-60 minutes, or until doubled in size. Preheat the oven to 180°C/160°C Fan/Gas Mark 4. Once proved lightly brush the buns with milk and bake for 15-20 mins or until golden around the edges. Remove from the oven and leave on the baking tray to cool slightly.



8. When the buns are out of the oven, make the icing. Mix the icing sugar (**bag 6**) with 2-3 tbsp of water until a thick, white icing forms. Whilst the buns are still warm, spoon roughly 1 tbsp on top of each bun, use the back of a spoon to spread the icing all over the tops. Transfer to a wire rack to cool completely, or tuck in whilst still warm.

## TOP TIP:

For a more traditional Belgian Bun, add half a glacé cherry on top.



FOR MORE INFO:

[bakedin.co.uk/belgian-buns](http://bakedin.co.uk/belgian-buns)