

HOT CROSS BUN PRAYERS

A **hot cross bun** is made with dried fruit and marked with a white cross on the top. It is traditionally eaten on Good Friday.

The bun marks the end of Lent.

In Ireland, UK and as far abroad as New Zealand, Australia, Canada and India, Hot Cross Buns are eaten every Good Friday in Christian communities. They are symbolic of this significant day in Christian faith when Jesus was crucified. Each bun is decorated with a cross made from flour paste, which represents the cross on which Christ died. The spices in hot cross buns are said to represent the spices which were used to embalm Christ after his death.



One old belief says that if you bake your Hot Cross Buns on Good Friday, they won't go mouldy during the following year. Another tradition states that a hot cross bun was always kept from the batch baked on Good Friday, in case anyone in the family became ill during the next year. A small piece of the bun would be broken off to feed to the patient. These buns had extremely holy connotations and were believed to be able to cure all ills, including the most dreadful diseases.

Hot cross buns may have been invented by a 14th century monk in St Albans called Brother Thomas Rodcliffe. His Alban Bun was given to the poor from 1361 onwards.

Prayers for making of the Hot Cross buns

As you stir the mixture: Thank you Jesus that you came into the world and stirred things up so that people thought about what really mattered.

As you lay the cross on top of the bun: Thank you Jesus for coming to save us by dying on a cross and taking the punishment for the bad things I do.

As they go in the oven: Thank you that, although you were buried in a tomb, you rose three days later and you are still alive today.

As you eat a hot cross bun: Thank you Lord Jesus for giving me all I need to live a life following you. Amen.

Ingredients

1 x 7g Sachet of Dried fast-acting yeast
250ml Buttermilk
360g caster sugar
600g Plain Flour
1 tsp mixed spice
1 tsp cinnamon
80g Irish Butter, at room temperature, cubed
150g Sultanas
2 tsp mixed peel, finely chopped
1 egg, lightly beaten

Liquid Cross:

50g (2oz) white flour
1 tablespoon melted butter/Syrup
4-5 tablespoons cold water

OR

Thank you Jesus for the fun we have had making these hot cross buns.
Thank you that this cross reminds me of the cross that you died on.
Thank you for taking the punishment for the bad things I have done.
Thank you that you promise to be with me now and forever. Amen.



Directions

1. Combine the yeast with the milk and one tablespoon of the sugar in a small bowl, stirring until the yeast has dissolved. Cover and leave to stand in a warm place for 10 minutes.
2. Sift the flour, mixed spice, cinnamon, salt and remaining sugar into a mixing bowl. Rub in the butter until combined.
3. Stir in the sultanas, mixed peel and egg until incorporated. Stir in the yeast mixture and just enough water to bring the mixture together into a soft dough.
4. Turn the dough out onto a work surface dusted with flour and knead for about 10 minutes until it is smooth and elastic. Place in a bowl, cover with a tea towel or cling film and leave to rise in a warm spot for about one hour or until doubled in size.
5. Knock back the dough and divide into about 18-20 balls. Place on a baking tray lined with parchment paper and leave to rise again for about 20 minutes until doubled in size.
6. Preheat the oven to 220°C/200°C fan/gas mark 7. Whisk together the flour, water and butter/syrup for the topping until smooth. Transfer to a piping bag, or into a plastic bag with a small corner snipped off. Pipe a cross onto the top of each bun.
7. Bake for 15 minutes until golden. Serve warm