

Hot Cross Buns



Hot cross buns (x2).



One a penny, two a penny, hot cross buns



If your daughters do not like them give them to your sons.



One a penny, two a penny, hot cross buns.

Hot Cross Buns

HOT



Working flat hand (palm back, pointing up) moves quickly from mouth to working side.

CROSS



Supporting relaxed hand (palm down); working index draws cross-shape on back of supporting hand.

BUNS



Fingertips of working bunched hand rest on the back of supporting fist (palm down, pointing forward/in).

ONE



Working index hand (palm back, pointing up) held in front of body.

PENNY



Working bent index hand (palm down, pointing forward/in) makes small outward circle on supporting flat hand (palm up, pointing forward/in).

TWO



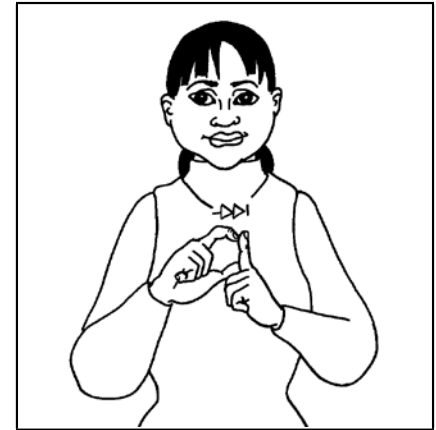
Working "V" hand (palm back, pointing up) held in front of body.

YOUR



Working fist (palm forward, pointing in) moves towards person concerned.
Directional sign.

DAUGHTERS



Make letter shape "D" tapping twice.

DO NOT



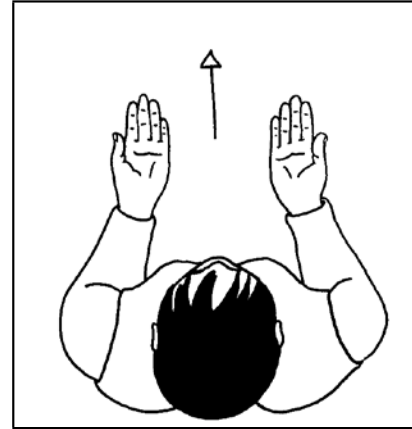
Working flat hand (palm forward, pointing up) moves sharply to working side.

LIKE



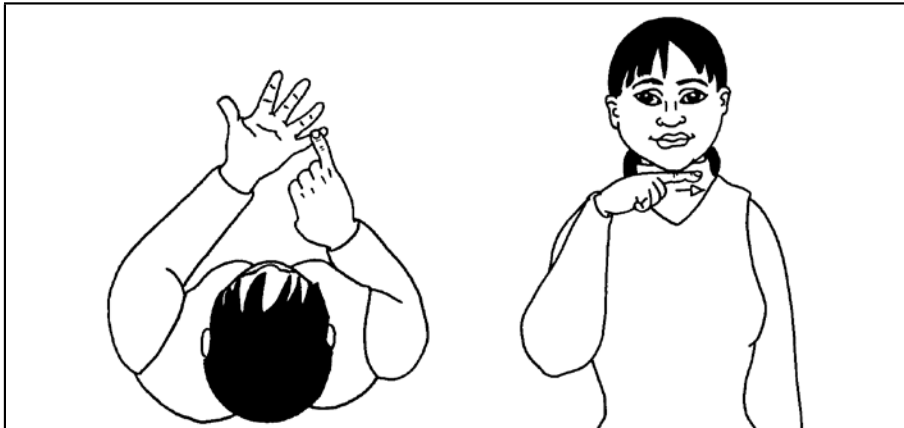
Working flat hand (palm back, pointing in/up) taps supporting side of upper chest twice.

GIVE



Flat hands (palms up, pointing forward) move towards receiver.
Directional sign.

SONS



Make letter shape "S"; then working index hand (palm down, pointing in) brushes across chin to supporting side.

Recipe for Hot Cross Buns

Making Hot Cross Buns

Ingredients to make 24 Hot Cross Buns:

1 cup milk
2 Tbsp fast action yeast
1/2 cup sugar
2 tsp. salt
1/3 cup butter, melted and cooled
1 tsp. cinnamon
1/2 tsp. nutmeg
4 eggs
5 cups flour
1 1/3 cups currants or raisins
1 egg white

Glaze

1 1/3 cup icing sugar
1 1/2 tsp. finely chopped lemon zest
1/2 tsp. lemon extract
1- 2 Tbsp milk

Method:

In a small saucepan, heat milk to tepid temperature, sprinkle yeast over, mix to dissolve and let sit for 5 minutes.

In a large warm bowl, add sugar, salt, butter, cinnamon, nutmeg and eggs. Gradually add flour, dough will be wet and sticky. Continue mixing until smooth (about 5 minutes). Cover with plastic wrap and let the dough "rest" for 30-45 minutes.

Turn out onto a floured surface and knead until smooth and elastic (about 3 more minutes). Add currants or raisins and knead until well mixed. At this point the dough will still be fairly wet and sticky. Shape dough into a ball, place in a buttered dish, cover with plastic wrap and let rise overnight in the refrigerator.

The next day, take out of the refrigerator and let the dough sit at room temperature for about half an hour. Line a large baking pan (or pans) with parchment paper (you could also lightly grease a baking pan, but parchment works better). Divide dough into 24 equal pieces (in half, half again, etc., etc.). Shape each portion into a ball and place on baking sheet, about 2cm apart. Cover with a clean kitchen towel and let rise in a warm, draft-free place until doubled in size (about 1 1/2 hours).

In the meantime, pre-heat oven to 230° C/gas mark8.

When buns have risen, take a sharp or serrated knife and carefully slash buns with a cross. Brush them with egg white and place in oven. Bake for 10 minutes, then reduce heat to 180°C/gas mark 5, then bake until golden brown (about 15 minutes more). Transfer to a wire rack. Whisk together glaze ingredients, and spoon over buns in a cross pattern. Serve warm, if possible.

.....enjoy your Hot Cross Buns!

Send in the pictures of your own hot cross buns, and these will be put on our website, Facebook & Twitter.

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