

Plain Buns

Ingredients

To every 2 lbs. of flour allow 6 oz. of moist sugar, 1/2 gill of yeast, 1/2 pint of milk, 1/2 lb. of butter, warm milk.

Method

Put the flour into a basin, mix the sugar well with it, make a hole in the centre, and stir in the yeast and milk (which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1-1/2 hour. Melt the butter, but do not allow it to oil; stir it into the other ingredients, with enough warm milk to make the whole into a soft dough; then mould it into buns about the size of an egg; lay them in rows quite 3 inches apart; set them again in a warm place, until they have risen to double their size; then put them into a good brisk oven, and just before they are done, wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel, or caraway seeds to the other ingredients; and the above mixture answers for hot cross buns, by putting in a little ground allspice; and by pressing a tin mould in the form of a cross in the centre of the bun.

Source: Mrs Beeton's Book of Household Management (1861)

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