

# Chelsea Buns

## Requisition of Equipment

2 blue trays, safety mat, digital scales, timer, swiss roll tin, cooling rack, sieve, large mixing bowl, measuring jug, flour dredger, rolling pin, vegetable knife, small saucepan, wooden spoon, pastry brush, measuring spoons,



## Method

Time	Steps
<b>Step 1</b> 15 min	Personal and kitchen hygiene. Collect equipment. Weigh/measure ingredients. Set oven to 220°C. Line swiss roll tin with paper. RE SET TIMER
<b>Step 2</b> 10 min	Sieve flour and salt into large mixing bowl. Rub in 15g of the butter until the mixture resembles fine bread crumbs. Add the yeast to this mixture. RE SET TIMER.
<b>Step 3</b> 15 min	Place milk into a measuring jug and WARM in the microwave. Pour warm milk into flour mixture and mix to form a soft dough. Knead the dough for 10 minutes until smooth and elastic. RE SET TIMER.
<b>Step 4</b> 10 min	Roll out into a square (25cm x 25cm) on a floured surface. Melt the remaining butter in a small saucepan and then brush over the dough. RE SET TIMER.
<b>Step 5</b> 15 min	Sprinkle the currants, mixed peel, spice and sugar over the dough. Roll up the dough like a swiss roll. Cut into 8 slices and arrange in swiss roll tin. Cover and leave to rise until the dough doubles in size. Start washing up and packing away.
<b>Step 6</b> 30 min	Bake for 20 minutes, until golden brown. Carefully remove from swiss roll tin and cool on a wire cooling tray. When cool, place chelsea buns into your container. Do a final clean up. Sweep floor. Spray down counter. Set out washing and drying cloths for the next class.

## Ingredients

250g strong white flour  
 2.5ml salt  
**(school)**  
 40g butter  
 125ml milk  
 7g fast action dried yeast  
**(school)**  
 75g currants  
 25g mixed peel  
**(school)**  
 25g demerara sugar **(school)**  
 5ml mixed spices or cinnamon  
**(school)**

## CONTAINER

Why are Chelsea Buns called that?

The buns date to the 18th century and were **created in the Chelsea area of West London by the Chelsea Bun House (closed 1839), a favourite haunt of the British royal family.** The sticky treats are sweet, buttery, and dense, similar to a cinnamon roll. 17 Feb 2023



In cooking, proofing (also called proving) is a step in the preparation of yeast bread and other baked goods in which the dough is allowed to rest and rise a final time before baking. During this rest period, yeast ferments the dough and produces gases, thereby leavening the dough.



Our Values:  
**KINDNESS, HONESTY, RESPECT**