

April 2012

Hello to you all.

Big news for Four Seeds this month, we're celebrating birthday number one. At this early stage I think it would be a little premature to release an album of Four Seeds' Greatest Hits or give a Grammy worthy speech, but none the less it's worth noting that I am modestly proud of the progress Four Seeds has made, pleased with the reception by the Adelaide market place and extremely grateful for the wonderful contributions of my friends.

Now, moving onto April news. As a believer in delayed gratification, I chose not to devour my first hot cross bun when they hit the supermarket shelves on the 1st of January. However, as Easter quickly approaches I decided it's time to be gratified with a batch or two of these delicious creations. In fact, if I was less convinced that these buns will head straight to my hips and have a party with the chocolate brownies I might bake a batch everyday – all things in moderation. My favourite recipe produces dense and doughie hot cross buns with plenty of fruit and spices. If you would like to enjoy a Four Seeds hot cross bun they will be available at the [Gilles Street Market](#) this weekend (1<sup>st</sup> of April), or if you prefer to make your own I have included my recipe in this newsletter.

You may remember that last month the [Four Seeds](#) website was launched and I offered a special editing promotion. I'm pleased to say that no spelling mistakes have been found, but thanks to some very picky readers I did have to part with a brownie or two for some minor issues of grammar. My offer stands for another month, so if you visit [www.fourseeds.com.au](http://www.fourseeds.com.au) and discover any errors please let me know and I'll send a brownie your way.

Despite continued fruiting, my garden is no longer producing excess tomatoes. They have all been stewed into tomato chutney and tomato sauce. A big thank you to those who shared their recipes with me. I will have some jars available at the [Gilles Street Market](#) but supply is limited.

That's all for now. I hope to see you soon.

Mim

P | +61 409 532 500

E | [mim@fourseeds.com.au](mailto:mim@fourseeds.com.au)

W | [fourseeds.com.au](http://fourseeds.com.au)

F | [facebook](#)

## Four Seeds Hot Cross Buns

### Ingredients

500g (4 ½ cups) strong white flour  
3 tbl butter  
3tbl caster sugar  
1 tsp salt  
2 tsp ground cinnamon  
½ tsp allspice  
½ tsp nutmeg  
2 tsp dried yeast  
1 egg  
275ml milk - warmed  
100g raisins  
100g currants  
20g mixed peel

### Crosses

¼ cup strong white flour  
½ tbl butter  
1 tbl water

### Glaze

¼ cup milk  
2 tbl sugar

Rub the butter into the flour.

Stir in the sugar, salt, spices and yeast.

Add the beaten egg and the milk to form a soft dough. I normally use my hands for this bit rather than a spoon.

Knead on a lightly floured surface for 10 minutes.

Gradually work in the raisins and currants.

Place back in the bowl, cover loosely with oiled cling-wrap and a tea-towel and leave in a warm place for 1 hour or until doubled in size.

Punch the dough down then knead well.

Cut into 12 even pieces and roll/shape into balls.

Place the balls on a greased tray – I liked to use a brownie tray with raised sides.

Cover loosely with oiled cling-wrap and a tea-towel and leave in a warm place to rise for 30 minutes.

Crosses – rub the butter into the flour then add enough water to form a smooth paste.

Pipe the crosses over the buns – I use a zip-lock bag with a snipped corner.

Cook in a 200C oven for 15 minutes or until lightly browned.

Glaze – put the milk in sugar in a saucepan and heat until the sugar dissolves.

Boil for 2 minutes.

Brush the hot glaze over the buns.

After 5 minutes transfer to a wire rack and I recommend eating them immediately.