

ICED BUNS IN THE BREADMAKER

As a kitchen gadget-o-phobe, I was slightly cynical about getting a breadmaker but if you take the time to get to know them, they truly will become your best friend.

They simplify some of the more time-consuming jobs from bread making to jam making, to even stewing a bit of fruit that might otherwise have gone to waste. You can make beautiful baps, and finger rolls, pizza doughs and tears and shares just by throwing a few ingredients into the tin and pressing a button. And of course, they reinvent your humble loaf into which you can sneak any number of healthy flours, flavours and ingredients.

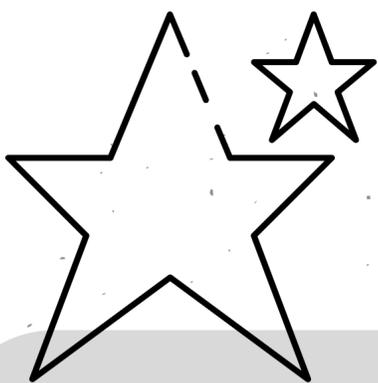
Here is our simple tried and tested method of making a family favourite - bread maker iced buns!

INGREDIENTS

- 450g of strong white bread flour
- 75g butter
- 2 tbsp sugar
- 1/2 tsp salt
- 1 medium egg beaten
- 250 ml milk
- 1 tsp yeast

For the Icing

- 125g icing sugar
- 3+ tbsps water
- Sprinkles/other decoration/food colouring



This same dough can be used to make any sweet doughed bun including a Devonshire split or a sweet bun of any shape and size.

METHOD

- Place all of the ingredients into the bread maker in the order listed, except for the yeast.
- Put the yeast into the yeast dispenser.
- Select the appropriate menu on your bread maker. (**Mine takes 2 hours and 20 minutes to go through the cycle.*)
- When it is finished, divide the dough into 8-10 pieces and shape them into fingers.
- Place them on a greased baking tray and allow them to prove at 40°C until doubled in size (approx 20 minutes).
- Dust with flour.
- Bake in a pre-heated oven at 220°C degrees for 15 minutes or until golden brown.
- Allow the buns to cool completely.

DECORATING YOUR BUNS

- Prepare the icing by mixing the icing sugar with 2 tablespoons of water and then add until you get the consistency you want.
- Add food colouring if you want coloured icing.
- Spoon over the icing or you can dip your bun into your icing if you prefer.
- Decorate with whatever you fancy!

*We used a Panasonic SD-ZX2522 Bread Maker for this recipe!

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for more information and tips on how to reduce waste.

Go to www.allgoodstuff.shop to order your waste reducing supplies.