



# 101 ATOMS EDUCATION

## FUN AND EASY RECIPES

with 

## TEACAKES

### Equipment you will need:

bowls  
cutlery  
microwave or pan  
measuring jug  
clingfilm  
grease proof paper

### Basic Ingredients:

30g butter  
100ml milk  
100ml cold water  
350g bread flour or plain flour  
1-2 sachets of yeast  
2tbsps of sugar  
1tsp mixed spice  
75g sultanas  
oil  
1 egg

**To develop learning using this recipe, you could research, design and make an afternoon tea. You could even use some of our cake and scone recipes alongside this as part of your project.**

**TIME TO MAKE: 2-3 HOURS**

## METHOD

1. Weigh the butter into a bowl and add the milk. Warm the milk and butter until the butter has melted. This can be in a pan on the hob or in the microwave.
2. Add 100ml of cold water to cool the butter mixture down.
3. In a separate bowl, add the flour, yeast, sugar and mixed spice. Mix together and create a well in the middle.
4. Pour the butter mixture into the well and mix in. Once the dough begins to come together, knead with your hands or a dough hook for 5-10 minutes.
5. Brush a bowl with oil and place the dough in the bowl. Cover with clingfilm and leave for 1 hour to prove - or until it doubles in size.
6. After the dough has proven, knock the dough back. Add the sultanas and knead into the dough evenly.
7. Separate the dough into 6 even pieces and then create balls by pulling the mixture underneath to create a smooth surface. Place on a tray covered in greaseproof paper.
8. Cover the buns loosely in clingfilm and leave to prove for another 45mins.
9. Wash the buns with a beaten egg and then place in a pre-heated oven (180°C) for 20mins.
10. Leave to cool and then eat as they are or cut in half and toast then add butter and jam.