

St Edmundsbury Cathedral



St Edmund's Suffolk Buns



Don't be misled by their name - these delicious, honey-drizzled Edwardian tea-time treats are actually more like scones than buns. Rumour has it that they are traditionally made for St Edmund's Day (20 November), perhaps in honour of sticky situation poor Edmund found himself in?!

Photo: Pilgrims' Kitchen Catering Manager, Nikki, with the first batch of St Edmund's buns

Ingredients

500g plain flour

150g rice flour

2 tsp baking powder

200g softened butter

100g caster sugar

20g caraway seeds

2 tbsp runny honey

2 beaten eggs

1 tbsp milk

40g currants

Method:

Preheat oven to 200°C (fan oven 180°C) / Mark 6.

Lightly butter a baking sheet.

Sift the flours together with the baking powder.

Rub in butter to make fine breadcrumbs.

Stir in sugar, caraway seeds and currants, then eggs, honey and enough milk to make a smooth but dry dough.

As the dough is brought together, be sure to mix it thoroughly with your fingers before turning out onto a lightly floured surface.

Roll dough out to 2.5cms (1 inch) thickness and cut out 5cm (2inch) rounds.

Space out on baking sheet.

Bake for 15-20 minutes until lightly golden and risen.

Cool on a rack and drizzle with honey whilst still warm.