



Mincemeat Chelsea buns

READY IN



62 min.

SERVINGS



8

CALORIES



710 kcal

Ingredients

- ☐ 250 ml milk whole
- ☐ 50 g butter cut into cubes
- ☐ 450 g flour plain for dusting
- ☐ 7 g yeast dried
- ☐ 50 g brown sugar
- ☐ 1.5 tsp ground cinnamon
- ☐ 0.5 tsp spice mixed
- ☐ 1 large eggs beaten
- ☐ 8 servings vegetable oil for greasing
- ☐ 50 g butter softened

- ☐ 25 g brown sugar
- ☐ 300 g mincemeat
- ☐ 100 g apricot dried chopped
- ☐ 100 g cherries chopped
- ☐ 2 tbsp little demerara sugar for sprinkling
- ☐ 2 tbsp apricot preserves
- ☐ 100 g powdered sugar

Equipment

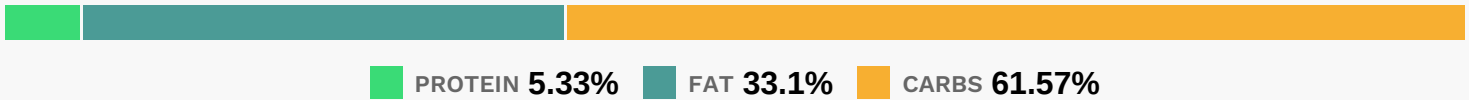
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat the milk in a pan until steaming.
- ☐ Remove from the heat, add the butter, then leave to cool until lukewarm and the butter has melted.
- ☐ Put the flour, yeast, sugar, spices and 1 tsp salt into a large bowl, and mix together. Make a well in the centre, and pour in the egg and milk mixture.
- ☐ Mix everything together with your hands to form a dough it will be quite wet. Tip the dough onto a lightly floured surface and knead for 5–10 mins until smooth.
- ☐ Transfer the dough to a clean, lightly oiled bowl, cover with oiled cling film and leave to rise until doubled in size this will take 1–2 hrs depending on how warm the room is. You could rise the dough in the fridge overnight, but make sure you bring to room temperature before moving on to the next step.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Tip the dough onto a lightly floured surface and knead for a few moments.
- ☐ Roll out to a 45 x 40cm rectangle, with the longest edge facing you.

- ☐ Mix together the butter and sugar for the filling, and spread all over the dough. Follow with the mincemeat, then sprinkle over the apricots and cherries.
- ☐ Roll up firmly, starting from one of the long sides. Using a sharp knife, cut off either end of the roll to neaten, then slice into 8 even pieces. Arrange, cut-side up, on an oiled tray, leaving about 1cm between each bun and making sure the tail ends are pointing inwards. Cover loosely with oiled cling film and leave to prove until doubled in size about 30 mins.
- ☐ Sprinkle over the demerara sugar and bake for 22–25 mins until golden brown.
- ☐ Transfer to a wire rack. Melt the jam with tbsp water and brush over the buns, then leave to cool.
- ☐ Mix the icing sugar with enough water to make a runny icing. Using a spoon, drizzle the icing back and forth over the buns. Leave for 10 mins to set before eating. Will keep in a sealed container for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:34.33, Inflammation Score:-7, Nutrition Score:14.590434644533%

Flavonoids

Cyanidin: 3.78mg, Cyanidin: 3.78mg, Cyanidin: 3.78mg, Cyanidin: 3.78mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 710.46kcal (35.52%), Fat: 26.5g (40.77%), Saturated Fat: 9.47g (59.18%), Carbohydrates: 110.93g (36.98%), Net Carbohydrates: 106.85g (38.85%), Sugar: 61.77g (68.63%), Cholesterol: 53.99mg (18%), Sodium: 318.65mg (13.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.21%), Vitamin B1: 0.56mg (37.63%), Folate: 128.68µg (32.17%), Selenium: 22.38µg (31.98%), Manganese: 0.54mg (27.12%), Vitamin K: 27.75µg (26.43%), Vitamin B2: 0.41mg (23.96%), Vitamin B3: 4.08mg (20.4%), Iron: 3.3mg (18.31%), Vitamin A: 868.85IU (17.38%), Fiber: 4.08g (16.34%), Vitamin E: 2.12mg (14.14%), Phosphorus: 126.76mg (12.68%), Potassium: 321.63mg (9.19%), Calcium:

78.35mg (7.83%), Copper: 0.15mg (7.64%), Vitamin B5: 0.7mg (6.99%), Magnesium: 24.66mg (6.16%), Zinc: 0.76mg (5.1%), Vitamin B6: 0.1mg (4.93%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.48µg (3.2%), Vitamin C: 1.49mg (1.81%)