

British Nosh: Teacakes

by [Joe Martin](#) on February 10, 2009

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Intro: British Nosh: Teacakes

Hello, This will be the first of many instructables on classic British food.

This recipe can be used for all sorts of things such as fruit loaf, tea cakes or hot cross buns. For this instructable I will be making teacakes.

Before starting make sure you wash your hands and clean the surfaces.

I have now also added measurements in "oz" and "fl.oz" so everyone can try this!

Thanks for the feature instructables! =D



Image Notes

1. Oh! It couldn't be more British. *Wipes tear from eye*

step 1: What we are going to need

This will make around 12-15 buns (Depending on the size you like) Or two loafs.

The fruited dough

- 50g / 2oz Sugar
- 15g / 1/2oz Yeast
- 300ml / 10fl.oz of tepid milk
- 450g / 1lb flour
- 1 tsp salt
- 1/2 tsp ground mixed spice
- 1 tsp ground cinnamon
- 50g / 2oz butter
- 50g / 2oz sultanas
- 50g / 2oz currants
- 1 egg, Beaten

For the glaze

- 2 Tbsp sugar dissolved in 30ml of hot water

For the paste (For the crosses on the hot cross buns If you are making them)

- 25g / 1oz of flour
- Cold water to blend

Equipment

- Oven
- Scales
- Teaspoon
- Tablespoon
- Knife
- A large bowl
- A couple of small bowls/jug (For the yeast, milk ect)
- A piping bag (If you don't have one you can cut the corner of a sandwich bag and use that)
- Baking trays
- Loaf tins



Image Notes

1. Old scales as my brother has "borrowed" mine.
2. Large bowl
3. Smaller bowls
4. Jug
5. Baking trays
6. Teaspoon & tablespoon
7. Silicone pastry brush FTW!
8. Loaf tin (Only if making fruit loaf)
9. Music
10. Kitchen roll is always needed
11. Coffee machine NOT needed for this ible'
12. Weights

step 2: Prepare The Yeast

Mix 1 tsp of sugar, the yeast and 2 Tbsp of the milk to a paste, set aside in a warm place for 15 minutes or until the mixture gets all bubbly.

The yeast in this recipe should be fresh however I have used dried yeast as it's much more convenient, Just follow the instructions on your yeast of how much to use.

The time this take depends on the warmth of you house, covering the bowl or jug with a tea towel will keep the yeast nice and warm.



Image Notes

1. The sugar and milk with the yeast, I'm using dried

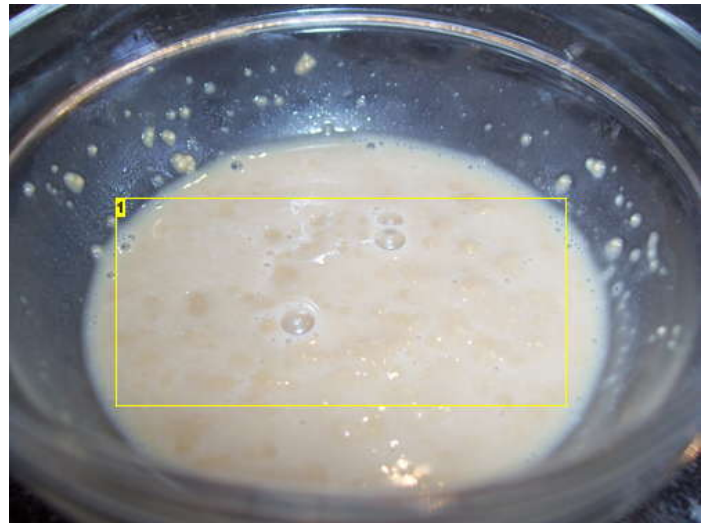


Image Notes

1. It's ALIVE!!!

step 3: Making The Dough

Over a large bowl sift in the flour, salt and the ground spices.

Now rub in the butter, Always remember when rubbing in to use the tops of your fingertips and not palms as the heat from them will melt the butter which will not be very good. Giving the bowl a shake will bring the big lumps of butter to the top, Continue until it resembles breadcrumbs.



Image Notes

1. The flour, salt and spices



Image Notes

1. Sifting the flour and spices



Image Notes

1. Rubbing in the butter, Note the fingertips

step 4: Finishing The Dough

Now add the sugar and the sultanas and currants.

Add the egg, yeast mixture and add milk slowly until you get a soft dough. Add a little flour if you have added too much milk. (You may not need all the milk, if not enjoy a glass of warm milk)

Cover the bowl with some cling film (Loosely) or a tea towel and leave it somewhere warm until the dough doubles in size, This should take around 1 hour.



Image Notes

1. Adding the sugar and dried fruit, from a great height

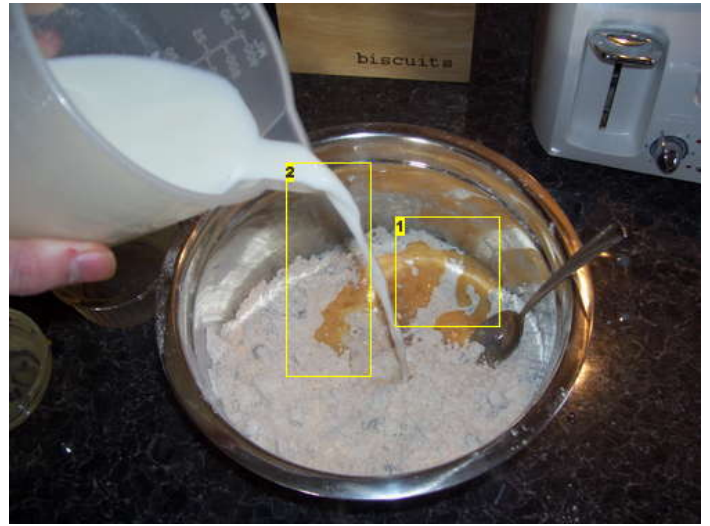


Image Notes

1. The yeast and egg added
2. Adding milk



Image Notes

1. Adding more milk from an even greater height to form a soft dough



Image Notes

1. Tada!
2. Joe's (Me!!) Hand

step 5: Kneading

Remove the dough from it's bowl and knead it on a very lightly floured surface until it is smooth and nice and stretchy, That should be around 8-10 minutes of kneading, It's normal to feel like you have done a 60 minute workout.

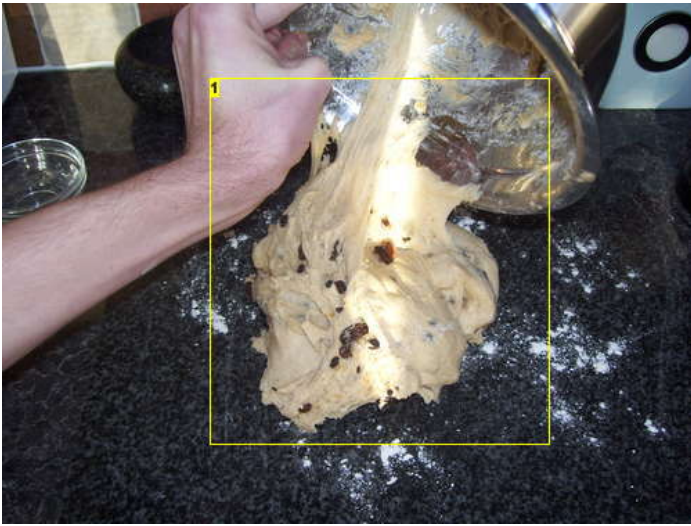


Image Notes

1. Remove the dough from the bowl

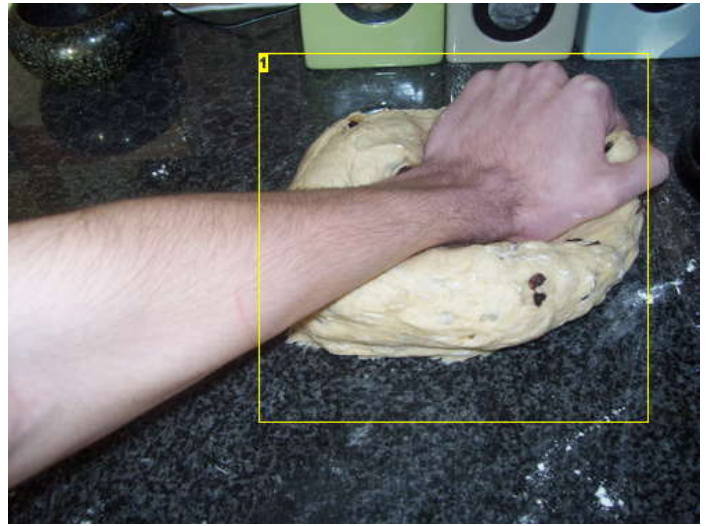


Image Notes

1. Knead, knead KNEAD!



Image Notes

1. Done!

step 6: Ready To Bake Yet?

Nope, We need to shape them them 15 rounds or 12 if you want nice big teacakes. to do this roll your dough into a long even sausage and cut it in half, Take one of these half's and roll it a little bit more and then divide this into six using the back of a knife. Repeat for the other half and have 12 lumps of dough Roll these into balls, flat them down a bit and place these onto a well greased baking tray or a silicone mat a baking tray if you have one.

If your making hot cross buns mix the ingredients for the paste together until it forms a soft paste. Spoon into a piping bag and draw a cross over each bun.

If you making loafs cut the dough in to two and place into greased loaf tins.

Now leave this dough to rest for 15 minutes before putting in the oven for 20 minutes at 220°C/425°F Gas mark 7.



Image Notes

1. Rolled and on greased trays resting



Image Notes

1. Roll the dough



Image Notes

1. A half
2. The other half rolled out



Image Notes

1. Cut into six



Image Notes

1. The other half cut into six
2. Makes 12!



Image Notes

1. In to the oven



Image Notes

1. For 20 minutes the oven will become their home.

step 7: Finishing Touches

Remove your buns or lofts from the oven, now brush on the glaze while they're still hot and place them on to a cooling rack to cool.

Traditionally these are served toasted with butter, But they are just as nice plain!
(British flag optional.)

If you enjoyed this instructable please rate and comment.

Cheerio .

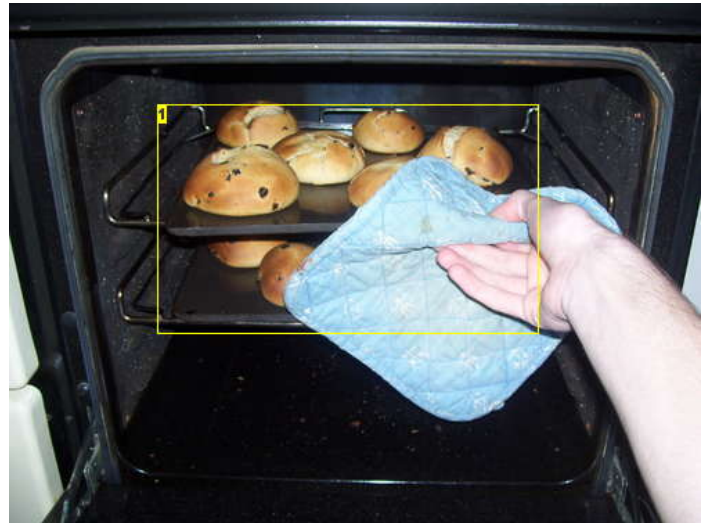


Image Notes

1. Remove from the oven

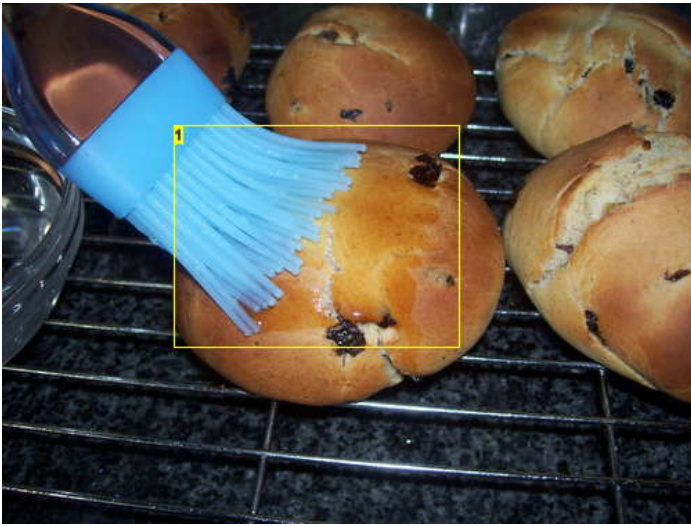


Image Notes

1. Baste well with the glaze, I put on about 3 coats



Image Notes

1. All glazed and cooling