

CHELSEA BUNS



FOOD SERVICE



An old fashioned favourite, this rich yeasted sticky bun is flavoured with spices, dried fruit and peel. Chelsea Buns have been a popular tea time treat since the 18th Century, when they were first served in London's Chelsea Bun House.

Customer Services Phone 0800 800 617

www.chelsea.co.nz/foodservice

CHELSEA BUNS



SERVES 14

INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
540g	strong flour	0.00115	\$0.62
1 tsp	salt	0.02000	\$0.02
6g	easy blend yeast (2 tsp)	0.00958	\$0.06
300ml	milk	0.00140	\$0.42
60g	butter	0.00840	\$0.50
1	egg	0.20000	\$0.20
Filling:			
180g	mixed dried fruit	0.00672	\$1.21
90g	mixed chopped peel	0.00475	\$0.43
120g	Chelsea Soft Brown Sugar	0.00277	\$0.33
80g	butter, melted	0.00840	\$0.67
Glaze:			
30g	Chelsea Caster Sugar	0.00262	\$0.08
15ml	milk	0.00140	\$0.02

METHOD

Sift flour and salt into mixer bowl. Warm butter and milk together to melt butter. Mix in yeast and add to flour mixture. Add egg and mix to soft dough. Knead 5 minutes until dough is smooth and elastic. Cover bowl and allow to rise in a warm place until mixture has doubled in size (about 1 hour).

Grease a 33cm x 23cm baking tray. Knead the dough to restore to original size. On a lightly floured work surface, roll out dough to a rectangle approx 50cm x 40cm. Brush surface with melted butter, sprinkle over the brown sugar and cover evenly with dried fruit. Roll up the dough from the longer side.

Cut roll into 14 even-sized pieces and arrange flat side down on baking tray. Cover with plastic wrap and leave to rise in a warm place about ½ hour (until doubled in size again).

Preheat oven to 200°C. Bake 25 minutes, until golden on top.

Glaze: Dissolve sugar in the milk, bring to the boil and simmer for 2 minutes. Brush buns with the glaze, cool on a wire rack.

RECIPE VARIATIONS

- May be glazed with honey or Chelsea Maple Flavoured Syrup.
- Pecan Sticky Buns - change filling to 50g Chelsea Soft Brown Sugar, 80g melted butter, ¼ tsp cinnamon and 115g chopped pecans, top with 200g Chelsea Soft Brown Sugar dissolved in 225g melted butter, dot with 3 pecan halves each.
- Apricot Sticky Buns – fill with chopped ready to eat apricots, honey and chopped walnuts.
- Date & Orange Sticky Buns – fill with chopped dates mixed with orange marmalade and grated apple.
- Chocolate & Hazelnut Sticky Buns – fill with chocolate chips mixed with chopped hazelnuts and chopped mixed peel.

TOTAL COST	\$4.56
COST PER PORTION	\$0.33
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$1.25
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Costs based on average wholesale prices at July 2010

PROFIT

- Can be frozen and warmed through for service.
- Very low cost – approx 33¢ + GST per portion, suggesting a selling price of over \$1.25 (inc GST) to yield more than 70% gross profit.

NUTRITION

- Contains gluten, dairy and eggs.

SERVICE

- Best made on day of service.
- Requires rising time in a warm place.
- Display fresh from oven on counter top as perfect mid morning impulse item.
- If not perfectly fresh, reheat briefly in microwave.