



MAKES  
8 LARGE  
BUNS

# Recipes for *hope*

Great ideas for sweet and savoury treats from the Luminary Bakery's inspirational cookery book

**L**UMINARY Bakery is a social enterprise founded to support disadvantaged women, including those who have been homeless, in prison, or have experienced

violence, by teaching them how to bake. Combining delicious recipes with stories from the bakery *Rising Hope* (HQ, £20) is a recipe book like no other. Here are a couple of ideas to try.

## Cinnamon Swirls with Cream Cheese Frosting

Our infamously large, signature gorgeously swirled cinnamon buns are one of our most popular bakes and are sold fresh every day at the Luminary Bakeries.

### FOR THE DOUGH

- 675g strong white flour, plus extra for dusting
- 70g caster sugar
- 1 1/2 tsp (7g) fine salt
- 3 1/4 tsp (10g) fast-action dried yeast
- 1 medium egg, beaten
- 400ml whole milk, warmed to lukewarm
- 70g unsalted butter, softened

### FOR THE FILLING

- 150g unsalted butter, softened
- 75g soft light brown sugar
- 75g golden syrup
- 1 tbsp ground cinnamon

### FOR THE FROSTING

- 50g unsalted butter, softened
- 100g cream cheese, at room temperature
- 200g icing sugar
- 1/2 tsp vanilla extract

**1** To make the dough, combine the flour and sugar in a large mixing bowl. Add the salt to one side of the bowl and the yeast to the other, making sure they don't touch. Toss the salt in some of the flour surrounding it and do the same with the yeast, finally mixing them all together until combined. (If the yeast comes into direct contact with the salt it can retard it and stop the buns rising.)

**2** Weigh out 25g of the beaten egg (about half - reserve the other half for an egg wash later) and mix into the warm milk. Make a well in the middle of the flour, pour in the milk mixture and use a butter knife or bench scraper to bring it together into a soft ball of dough. Get your hands involved, kneading it in the bowl before tipping it out onto a clean work surface

**3** Knead the dough for ten minutes, using a bench scraper to keep the surface clean. Avoid dusting it with extra flour (this will give you hard, tough buns). It will be very sticky so try slapping it on the work surface and folding it over repeatedly, to keep it from covering every inch of the surface. Alternatively, use an electric mixer fitted with a dough hook to do all the messy kneading for you

**4** Add the butter to the dough and knead for a