

Easter buns reflect tasty traditions

So many of our culinary ties reflect the backgrounds of European ancestors, it's not surprising that an Easter time favorite, hot cross buns, come not only from England but perhaps even from Rome.

One-a-penny, two-a-penny hot cross buns (remember the old nursery rhymes?) were originally baked for Good Friday only, although now they are baked throughout Lent. The sugar cross on these buns may come from pre-Christian times.

Both the Greeks and Romans had festive cakes that were divided into four quarters by bisecting lines like a cross and which represented the four seasons. The bun and its cross-shaped topping is a very ancient food.

More modern, but still very traditional in the Western hemisphere, is the use of light, unsulphured molasses such as Grandma's, to perk up the flavor of hot cross buns. Along with candied citron and currants, molasses adds a tangy sweet taste to these Easter breakfast favorites.

It's fun to ask the children to help you make the sugar crosses, perhaps stir the molasses and milk mixture, or even knead the dough.

Sticky buns are an American invention, both in taste and in the ease of prepara-

tion, since they use refrigerated crescent dinner rolls as a base.

Dear to the American sweet tooth, these molasses and raisin swirls served with hot coffee and cocoa will bring breakfast smiles to the whole family after early Easter services and smiles all day long from anyone in need of an energy snack. Here, too, molasses plays a

part in raising these sticky buns from the mundane to delicious holiday fare.

Both hot cross buns and sticky buns are not complicated to make. In fact, the sticky buns take so little time they can be prepared just before breakfast and eaten warm from the oven.

For more Easter treats for family fun, you'll find a delightful 24-page recipe

booklet attached to Grandma's Molasses jars on your grocer's shelf.

HOT CROSS BUNS

- 1/2 cup milk
- 1/2 cup butter or margarine
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 cup Grandma's Unsulphured Molasses

- 1/2 cup lukewarm water (105°F. to 115°F.)
- 1 package active dry yeast
- 1 egg, beaten
- 3 1/2 to 4 cups sifted all-purpose flour
- 1/2 cup chopped candied citron
- 1/2 cup currants
- 1/2 cup confectioners' sugar
- 2 to 3 teaspoons water

In small saucepan, combine milk, butter, sugar and salt. Heat until bubbles

appear around edge and butter is melted; cool to lukewarm. Add molasses.

In large mixing bowl, combine water and yeast; stir to dissolve. Stir in milk mixture and egg.

Beat in 2 1/2 cups flour. Mix in citron and currants. Work in enough remaining flour to form a soft dough.

Turn out onto lightly floured board. Knead 5 minutes or until smooth and elastic.

Place dough in large,

greased bowl; turn over to bring greased side up; cover. Let rise in warm place about 1 1/2 hours, or until double in bulk. Punch dough down; knead to distribute air bubbles; divide dough in half.

Cut each half into 8 portions; shape into smooth round balls. Place 1/2 inch apart in greased 6 x 10-inch baking dish. Cover; let rise 1 hour.

Bake in a 375°F. oven 25 minutes.

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SUGAR CROSSES MELTING ON HOT CROSS BUNS and warm sticky buns for breakfast are a sure sign of Easter. Made fragrant with light, unsulphured molasses, these buns are a joyful way to start a chill spring morning.

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