

Honouring the story

HOT cross buns may have been on the shelves since Christmas but traditionalists will wait until the morning of Good Friday before they tuck into a toasted bun for breakfast.

Filled with dried fruit, seasoned with fresh spices and boasting a well-glazed crust, the perfect hot cross bun is most commonly toasted and spread with lashings of butter.

For many Australians, hot cross buns are an Easter staple – Coles sold more than 25 million hot cross buns last year – and bakers around the country are fulfilling our demand for them by adding chocolate, sourdough, gluten-free and even fruit-free buns to their baking repertoire.

But these modern versions are a long way from the original hot cross buns, which are thought to have come from ancient Greece – although the Saxons also ate buns marked with a cross in honour of the goddess of light, Eostre, whose name we know as Easter.

For Christians, the cross on top of the buns is a symbol of the crucifixion and, according to superstition, hot cross buns baked on Good Friday never went mouldy and were sometimes kept from one year to the next.

- Zoe Skewes

Up a notch: Michael Klausen tops the hot cross buns at Brasserie Bread.

Picture: Kristi Miller



BEST SHOPPING SPOTS FOR HOT CROSS BUNS

1 Bakers Delight, bakersdelight.com.au

Apart from traditional buns bursting with fruit, Bakers Delight has choc chip and mocha, \$6.50 for a six-pack.

2 Aldi has four varieties including the Bakers Life Premium Fruited Hot Cross Buns, preferably toasted.

6-pack, \$3.29. aldi.com.au

3 Brasserie Bread, 1737 Botany Rd, Banksmeadow; 1300 966 845, brasseriebread.com.au

Take it up a notch with these hot cross buns made with sweet-yeasted dough, sour cherries, raisins, currants, candied orange and freshly ground Herbie's Spices. The buns are stocked throughout Sydney, priced at \$12 for six, \$14 for chocolate.