

Our Alban Buns

The Hot Cross Bun may have first been made in St Albans. Brother Thomas Roccliffe, a 14th Century monk at St Albans Abbey, developed an original recipe and distributed the bun to the local poor on Good Friday, starting in 1361. We thought we would have a go at making the Alban Bun! The cross on the top is formed with two slices of a knife - there isn't a piped cross.

The original full recipe is a secret but ingredients include: flour, eggs, fresh yeast, currants and grains of paradise or cardamom.

You can buy one of these buns made to the original recipe at the Abbot's Kitchen in the Cathedral from the start of Lent through to Easter Monday.



The buns are made by Redbournbury Mill, once owned by St Albans Abbey.

And you may be interested to know "If taken on a sea voyage, hot cross buns are said to protect against shipwreck. If hung in the kitchen, they are said to protect against fires and ensure that all breads turn out perfectly. The hanging bun is replaced each year."

Your buns are best eaten the day they come home otherwise toast them the next day or hang them in the kitchen as suggested above!!