

Elderflower and Lemon & Spiced Buns

Ian's Elderflower and Lemon & Spiced Buns recipe appears in the [Final](#) episode of Season 3 of [The Great British Baking Show](#).

Ingredients

- **Elderflower & Lemon Dough:**
 - 250g strong white flour
 - 250g plain white flour
 - 40g butter
 - 2 large eggs
 - 14g Doves Farm instant yeast
 - 6g fine sea salt
 - 120ml full fat milk
 - 80ml home-made elderflower cordial
 - 1 cap lemon oil
- **Spiced Bun Dough:**
 - 250g strong white flour
 - 250g plain white flour
 - 60g golden caster sugar
 - 40g butter
 - 1/2tsp cinnamon
 - seeds from 6 cardamom pods crushed
 - 12 clove heads
 - 2 large eggs
 - 14g Doves Farm instant yeast
 - 6g fine sea salt
 - 150ml full fat milk
 - 60ml water
- **Lemon Curd Recipe:**
 - 80g butter
 - 160g golden caster sugar
 - zest and juice of 3 lemons
 - 2 large eggs and 1 large egg yolk
- **Elderflower Icing:**
 - 200g icing sugar
 - Elderflower cordial
- **Apple and Cranberry Jam:**
 - 6 braeburn apples
 - 120g cranberries (frozen, defrosted)
 - Juice of 2 lemons
 - 300g jam sugar
- **Cinnamon Icing:**
 - 200g icing sugar
 - 2tsp vanilla paste
 - 2tsp cinnamon
 - 2tsp lemon juice
 - 600ml double cream
 - 40g icing sugar
 - 3tsp orange juice
 - plus extra to bring to correct consistency

Directions

1. Start on Elderflower dough: Put both flours in large mixing bowl and rub in 40g butter.
2. Add 6g fine sea salt and 14g Doves Farm instant yeast.
3. Warm milk to about 40C.

4. Add 2 eggs, milk, cordial & lemon oil to mixing bowl and mix slowly for a couple of minutes before turning up to medium and mixing for a couple more minutes.
5. Meanwhile prepare the spice bun dough: Put both flours in large mixing bowl and rub in 40g butter.
6. Take seeds out from cardamom pods and take heads off cloves. Crush using pestle and mortar.
7. Add 6g fine sea salt, 14g Doves Farm instant yeast, cinnamon, cardamom and cloves.
8. Add 150ml warmed milk and about 60ml water. Mix slowly for a couple of minutes before turning up to medium and mixing for a couple more minutes.
9. Place doughs in large bowls covered with cling film and place in proving drawer for approx 1.5 hours.
10. Meanwhile make the lemon curd: Put the butter, caster sugar, juice and zest in a bowl and warm in microwave until the butter has melted.
11. Beat eggs and egg yolk and beat in with lemon mixture. Place over pan of simmering water and stir until thick. Put through sieve and leave to cool.
12. Apple and cranberry jam: Put plate in freezer. Finely chop apples and place in pan with cranberries, lemon juice and sugar. Warm and simmer for about 10 – 15 minutes until the apples have gone soft. Boil hard for a few minutes and then put a blob on frozen plate to check if it has reached setting point. Once setting point has been reached blitz with a blender and leave to cool.
13. Prepare the icings: For elderflower icing simply combine elderflower cordial with icing sugar. For spice bun icing combine icing sugar, vanilla paste, cinnamon, lemon juice and approx 3tsp fresh orange juice. Add more orange if needed.
14. Once buns have been proved divide each dough into 12 equal pieces. Lightly flour baking tray and lightly flour the workbench. Roll each piece of dough into a ball and then into a finger. Place 6 fingers onto a tray and leave to prove again.
15. Preheat oven to 185C. Bake fingers for approx 10 – 15 minutes until golden brown.
16. Once baked remove from tray and leave to cool.
17. Dunk the tops of each finger in their respective icings.
18. Whip cream with icing sugar until fairly stiff.
19. Cut buns in two. Pipe cream on bottom half and then pipe jam on top of that. Sandwich together.