

Hot cross buns

Hot cross buns!
Hot cross buns!
Won a penny, to a penny!
Hot cross buns!

If you have no daughters,
give them to your sons.
One a penny, to a penny, hot cross buns!

If you haven't figured it out yet we are going to explore Hot Cross buns. We will look at why for many it wouldn't be Easter without some hot cross buns. What is the history and how did they become a popular tradition for Good Friday? What is up with the cross on the top? Then there are the many superstitions that surround the buns.

During the 18th century the Hot Cross buns was an English Street which was seeing on Good Friday to sell the sweet buns that are lightly spiced and studded with raisins which are mashed on the top with a cross.

So how did the tradition begin, well it is liked to paganism as well as Christianity. They would bake cross buns at the beginning of the spring in honor of the goddess Eastr. Which later is referenced as Easter. The cross represents the rebirth of the world after winter and the 4 quarters of the moon as well as the four seasons.

Then in the 12th century an English monk baked the bones and marked them with a cross in honor of Good Friday. The Christians saw the crucifixion in the cross buns and it became a tradition representing the resurrection of Christ at Easter.

In the 16th century the spiced bones were banned when the English broke ties with the Catholic Church. However in 1592 Queen Elizabeth I gave permission for commercial bakers to produce the buns for funerals, Christmas, and Easter. It was during the time that they were baked at home all year round.

The first recorded reference to hot cross buns was in the "Poor Robin's Almanac" in the 1700s. The quote read "Good Friday come this month, the old woman runs with one or two a penny hot cross buns."

As the buns became so popular along came superstitions. Bakers argued that the cross cut into buns would induce a more pronounced rise in the oven.

If the buns were baked on Good Friday and hung in the rafters of the home it would ward off spirits in the coming year.

Another superstition was if baked on good Friday it would not spoil or grow moldy during the year. If you keep a bun for the year you could use it for medicinal purposes if ground up and given to an ill person it would help them recover.

Another tale says that the buns would protect sailors from shipwreck while off at sea. If you share a bun with a loved one it grants friendship in the coming year.

Why do we eat the Hot Cross buns at Easter well the buns marks the end of the Christian season of Lent and the parts of the bun represents the crucifixion of Jesus and the spices

inside signifies the spice used to and embalm Jesus at his burial and orange peel might be included to represent the bitterness of Jesus's time on the cross.

The cross on the buns first was cut into the bun then came a mixture of flour and water but today many people do powdered sugar and milk.

As part of the service I have baked you some hot cross buns. You can get the recipe I used at the refreshment table.