



CELEBRATING EASTER

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Easter Bunny



The Easter Bunny is not a modern invention. It is the symbol of the pagan festival of *Eastre*. *Eastre* is an Anglo-Saxons goddess and her earthly symbol is the rabbit.

The Germans bring the symbol of the Easter rabbit to America after the Civil War (1861-1865).

Easter Egg



The Easter Egg predates the Christian holiday of Easter. The exchange of eggs in the springtime is an ancient custom.

The egg is a symbol of birth in many cultures around the world.

Eggs are often wrapped in golden or coloured papers or coloured brightly by boiling them with the leaves or petals of certain flowers, or painted and decorated by children.

Today, children hunt coloured eggs and place them in Easter baskets along with the modern version of real Easter eggs -- those made of plastic or chocolate.



Easter Egg Hunt



The Easter egg hunt is famous in many countries. London has a big egg hunt raising funds for charity.

Easter Egg Roll



Egg Rolling is a popular game, especially in the USA. Children run with an egg in a spoon or dipper. The traditional celebration with readings, games and prizes for children at the White House is an important occasion for many American families.

[The White House Easter Egg Roll](http://www.whitehouse.gov/eastereggroll)

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At Easter time in the UK there are two bank holidays (public holidays): **Good Friday** and **Easter Monday**.

Many families can enjoy a long weekend together, hunting and enjoying eggs and tasting typical Easter recipes.

Hot cross buns

Traditionally eaten on **Good Friday**, the Friday before **Easter Sunday**.

These small cakes are full of superstition: the cross is a symbol for crucifixion for Christians and represented the 4 quarters of the moon for the celebration of spring by the Saxons.

Share a bun to ensure friendship and say at the time: "*Half for you and half for me, Between us two shall goodwill be*"

Now, enjoy cooking!



Ingredients

- 450g flour, plus extra for dusting
- 1 tsp salt
- ½ tsp ground cinnamon
- 1½ tsp mixed spice
- 50g butter
- 75g currants or raisins
- 50g mixed peel, chopped
- 7g sachet fast-action dried yeast
- 100ml warm water
- 100ml warm milk
- 1 egg, beaten

farina
sale
cannella
spezie
burro
uvetta
scorze candite
lievito di birra
acqua
latte
uova



Preparation method

Sift the flour, salt, cinnamon and mixed spice into a large bowl.

Stir in the currants, mixed peel and yeast.

Make a well in the centre and pour in the warm water, milk, melted butter and beaten egg.

Mix together to form a sticky dough, then knead on a floured surface for 8-10 minutes until smooth and elastic.

Place the dough in a large bowl, greased lightly with oil, cover with a slightly damp tea towel and leave to rise in a warm place for about 1 hour, or until doubled in volume.

Knead the dough again for a couple of minutes. Divide into 12 pieces and shape into round buns. Place on large greased baking sheets, leaving space between each bun for rising. Cover with the tea towel and leave to rise again until doubled, for about 30-45 minutes.

Preheat the oven to 180C.

Cut a cross on them. Brush with the egg.

Bake for 18-20 minutes until golden.

While the buns are cooking prepare the glaze: place the orange juice and sugar in a small saucepan and gently heat until the sugar has dissolved.

When the buns are ready, brush and serve.

For a white cross, prepare a glaze with hot milk and sugar melted together and pipe on the cross.

tsp = teaspoon

tbsp = tablespoon



SIFT



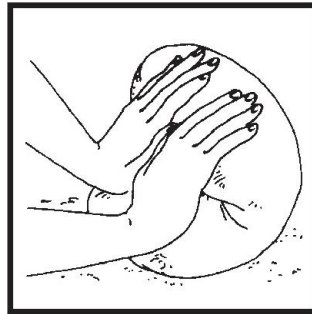
STIR IN



MAKE A WELL



POUR IN



KNEAD THE DOUGH



LEAVE TO RISE



PLACE ON A BAKING SHEET



BRUSH



PIPE



ESSENTIAL GLOSSARY

buns	panini dolci
tsp teaspoon	cucchiaino
tbsp tablespoon	cucchiaio
bowl	bastardella
baking sheet	placca forno
oven	forno
tea towel	strofinaccio da cucina, torchon
glaze	glassa

RICETTA

Setacciate la farina il sale e le spezie, e unite l'uvetta ed i canditi. Fate sciogliere il burro nel latte tiepido, unite il lievito e lavoratelo a crema aggiungendo l'uovo sbattuto, ed impastate fino a ricavare un impasto omogeneo ed elastico.

Lasciate lievitare. Quando l'impasto sarà raddoppiato di volume, lavoratelo ancora e formate una dozzina di panini tondi. Adagiateli sulla piastra imburrata del forno, e lasciate lievitare. A lievitazione completa incidete una croce sui panini e spennellate con uovo.

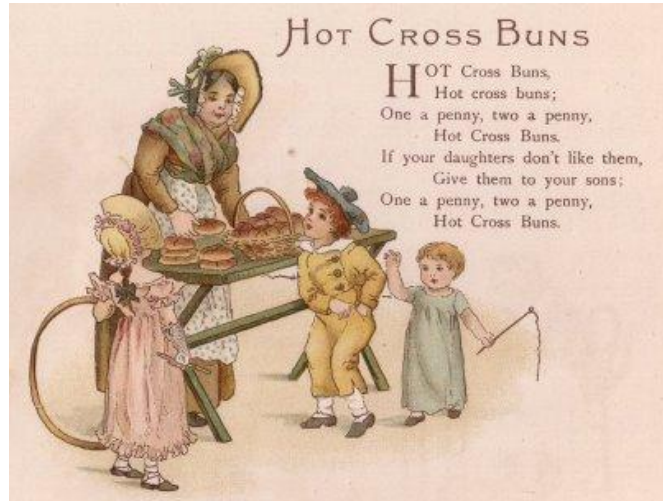
Infornate in forno preriscaldato a 200 c per 15-20 minuti, finché dorati.

Una volta sfornati, spennellate con una glassa fatta di zucchero e latte e lasciate raffreddare.



Hot cross buns song

HOT CROSS BUNS was originally a street vendors song, now a popular nursery rhyme sung by children.




<http://www.youtube.com/watch?v=Ndd-6WB5vlo>

Hot cross buns,
 Hot cross buns,
 one ha' penny,
 two ha' penny,
 hot cross buns.

If you have no daughters,
 give them to your sons,
 one ha' penny,
 two ha' penny,
 Hot Cross Buns.

*(BUT IF YOU HAVE NONE THEN
 EAT THEM ALL YOURSELF!)*

Hot Cross BUNS 

Hot Cross BUNS! Hot Cross BUNS!

ONE A PENNY, TWO A PENNY HOT CROSS BUNS!