



# Sugar Apple

Posts From The Caribbean

## **Jamaican Easter Bun**

Grease 2 loaf pans and line with waxed paper or baker's parchment.

Preheat oven to 325°

### *Ingredients:*

3 Cups Flour  
2 Cups Brown Sugar  
3 Heaping Tablespoons Baking Powder  
1 Teaspoon Cinnamon  
1 Teaspoon Nutmeg (fresh)  
½ Teaspoon Salt  
2 Tablespoons Oil  
3 Eggs  
8 oz. Raisins  
8 oz. Cherries (halved)  
8 oz Mixed Peel or Citron  
1 Cup Milk  
1½ Teaspoons Vanilla  
1½ Tablespoons Molasses  
¼ Cup Honey

### Method:

Mix first 6 ingredients together and set aside. In a separate bowl beat eggs till frothy. Add vanilla, milk, molasses and oil. Add mixture to dry ingredients and mix together well. Fold in fruit. Put in lined loaf tins and bake at 325° for 50 minutes. Poke with skewer to see if its done...knife should come out clean. If it doesn't, put buns back for 5 minute intervals till it does.

Put honey in microwave and heat for about 30 seconds. Thin with a little water (maybe 1 Tablespoon). Poke holes in the buns and use pastry brush to paint the honey mixture all over the top and sides of the buns.

Enjoy with Mature Cheddar...or just dip big hunks into butter!

<http://www.abigailblake.com/sugarapple>

from the article *Jamaican Easter Bun* posted on April 11, 2009