

Traditional British Rock Buns: The Easiest 20-Minute Tea Time Treat

Classic Rock Buns: The Nostalgic British Treat You Can Make in Minutes



OVEN
375°F

TIME
20 min

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INGREDIENTS

All-purpose flour: 2 cups (250g)
Baking powder: 2 tsp (This provides the lift since we aren't using self-rising flour)
Ground nutmeg or mixed spice: ½ tsp (Optional, but adds that signature warmth)
Salt: A pinch to balance the sweetness
Cold unsalted butter: ½ cup (115g), cubed (Keep it cold for the best texture!)
Granulated sugar: ½ cup (100g)
Mixed dried fruits: ¾ cup (100g) - Raisins, currants, or sultanas work best.
Egg: 1 large
Milk: 2-3 tbsp (Just enough to bind the dough)
Vanilla extract: 1 tsp

DIRECTIONS

1. **Prep the : Oven:** Preheat your oven to 375°F (190°C). Line a large baking tray with parchment paper or a silicone mat.
2. **Combine : Dry Ingredients:** In a large mixing bowl, sift together the flour, baking powder, nutmeg (or mixed spice), and salt.
3. **The : Rubbing-In Method:** Add the cold, cubed butter to the flour. Using your fingertips, rub the butter into the flour until the mixture resembles coarse breadcrumbs. You don't want large chunks of butter left, but you also don't want it to turn into a paste.
4. **Add : Sugar and Fruit:** Stir in the granulated sugar and your choice of dried fruits until evenly distributed.
5. **Wet : Ingredients:** In a small separate bowl, lightly beat the egg with 2 tablespoons of milk and the vanilla extract.
6. **Form the : Dough:** Pour the egg mixture into the dry ingredients. Use a fork or a wooden spoon to bring it together. If it's too dry to hold, add the third tablespoon of milk. You are looking for a stiff, sticky dough-not a runny batter.
7. **Shape and : Bake:** Using two spoons, drop rough, craggy heaps of dough onto the tray. Do not smooth them out! They should look like little rocks.
8. **Bake:** Bake for 15-20 minutes until the edges are golden brown and the tops feel firm.
9. **Cool:** Let them sit on the tray for 5 minutes before moving them to a wire rack.

SWAPS & NOTES

of this recipe, you might also find yourself reaching for these easy pumpkin spice muffins during the autumn months.

The Fat: If you don't have butter, margarine can be used, but the flavor won't be as rich.

The Spice: If you don't have nutmeg, cinnamon is a fantastic substitute.

Gluten-Free: A 1:1 gluten-free flour blend works surprisingly well here because the dough is meant to be stiff.

TIPS FOR SUCCESS

Don't Over-Mix: Once you add the liquid, mix just until the flour is hydrated.

Over-mixing leads to tough rock buns.

Keep it Cold: Using cold butter is the secret to that slightly flaky, scone-like interior.

The Craggy Look: Resist the urge to roll these into balls.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/traditional-british-rock-buns-the-easiest-20-minute-tea-time-treat/>