

## POETS CORNER

### THE WINDMILL

by Henry Wadsworth Longfellow

Behold! a giant am I!  
Aloft here in my tower,  
With my granite jaws I devour  
The maize, and the wheat, and the rye,  
And grind them into flour.

I look down over the farms;  
In the fields the grain I see  
The harvest that is to be,  
And I fling to the air my arms,  
For I know it is all for me.

I hear the sound of flails  
Far off, from the threshing floors  
In barns, With their open doors,  
And the wind, the wind in my sails,  
Louder and louder roars.

I stand here in my place,  
With my foot on the rock below,  
And whichever way it may blow,  
I meet it face to face,  
As a brave man meets his foe.

And while we wrestle and strive,  
My master the miller, stands  
And feeds me with his hands;  
For he knows who makes him thrive,  
Who makes him lord of lands.

On Sundays I take a rest;  
Church-going bells begin  
Their low, Melodious din;  
I cross my arms on my breast,  
And all is peace within.

## FLOUR POWER

### Hot cross buns

1 lb or 450g Stoneground Wholemeal Flour

1½ oz or 45g Brown Sugar

2oz or 55g Mixed Peel

2oz or 55g Butter

4oz or 110g Currants  
1 teaspoon Sea Salt  
½ oz or 15g Dried Yeast  
1½ teaspoons Mixed Spice  
1 Large Beaten Free Range Egg  
½ teaspoon Cinnamon  
½ pint or 250ml Lukewarm Milk  
1 x 25mg Vitamin C Tablet

Mix the yeast and vitamin C tablet with a little sugar and a little milk. Leave in a warm place for 10 - 15 minutes until frothy.

Mix the flour, sea salt and spices in a large bowl. Rub in the butter then add the currants, peel and sugar.

Mix together then make a well in the centre and pour the milk, egg and yeast mix into the well and blend in. When mixed to a soft dough, knead for about 10 minutes or until smooth.

Divide dough into 15 pieces and roll each into a round bun.

Place on a well greased baking tray. Mark a cross on top - either by cutting with a knife or making a cross out of a flour and water paste cut into thin strips.

Leave the baking tray in a warm place for 20 minutes.

Now heat the oven to 450 degrees F/ Gas mark 8/230 degrees C.

Dissolve a large spoonful of sugar in a large spoonful of water and boil for one minute. Use this to glaze the buns brushing over just before they go in the oven then repeat glazing as soon as you remove them from the oven.

As with all yeast baking, don't be tempted to eat them before they have cooled then enjoy to your heart's content.

**TOPICAL TIPS:** Did you know that the Julian Graves chain of shops sell packets of mixed pumpkin seeds, sesame seeds, linseeds and sunflower kernels called Omega Seed Mix - so handy for making your own mixed seed bread or rolls at home.

Vitamin C is vital to helping dried yeast pump up wholemeal flour but take care when purchasing that you don't buy tablets coated with orange flavour or marked "chewable". Choose (don't chew) Plain tablets or powder to avoid adding unwanted extras to your dough.