

# EATING HOT CROSS BUNS:

## A GOOD FRIDAY TRADITION?



The Hot Cross Bun has its roots in the need for plain buns to be produced during the time of Lent. These buns were made without dairy products and so were traditionally eaten hot and often toasted from Ash Wednesday till Good Friday. The cross may have been added as a cultural 'hang over' from ancient Greek custom that was appropriated by Christians.<sup>1</sup>

The custom of eating these buns on Good Friday arose in the 14<sup>th</sup> Century in the Abbey of St Alban in Hertfordshire, England. It is said that a Brother Thomas Rodcliffe created a recipe for a spiced bun made with raisins and sweetened, this bun was referred to as the 'St Alban Bun'. The practice of this Abbey was to distribute the bun to the local poor on Good Friday. Thus, from around 1361 the bun was associated with Good Friday.<sup>2</sup>

The cross on the bun, represents the crucifixion of Jesus and is traditionally made by refined flour and water. This simple recipe, not unlike that of the host, allows the Christian to appreciate the humility of Christ crucified and the significance of His act on the hill outside of Jerusalem two thousand years ago.

**Article by Adrian Simmons**

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<sup>1</sup> [\*"Who Were The First To Cry 'Hot Cross Buns?'"\*](#). The New York Times. 31 March 1912.

<sup>2</sup> [\*"The City of St Albans Claims the Original Hot Cross Bun"\*](#). St Albans Cathedral.