

FRUIT HOT CROSS BUNS



INGREDIENTS

- 150ml milk (warm)
- 8g dried instant yeast (or as per yeast instructions)
- 1 tsp caster sugar
- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 1 tsp maple syrup
- 50g unsalted butter (softened and chopped)
- 1 cup dried fruit - apple, pear, banana, paw paw (chopped in half to 1cm sized pieces)
- 2 tbs brown sugar
- 1 egg

For the crosses

- 3 tbs plain white flour
- 2 - 3 tbs water

For the glaze

- 1 tbs golden syrup

PREPARATION

Have everything prepared and ready to begin

METHOD

1. Combine the milk, yeast and caster sugar in a bowl and leave in a warm place for 5 to 10 minutes until the mixture is frothy.
2. Sift the flours into a large bowl, adding the husks back in.
3. Using your fingertips, rub the butter into the flour until it resembles fine bread crumbs.
4. Stir through the dried fruit and brown sugar.
5. Whisk the egg into the yeast mixture and then add to the flour mixture with the maple syrup. Mix to a soft dough.
6. Turn onto a lightly floured surface and knead for 10 minutes until the dough is smooth and elastic.
7. Place the dough into a lightly greased bowl, cover with cling wrap and stand in a warm place for 40 minutes for the dough to rise.
8. Lightly grease a baking tray or square cake tin.
9. Punch the dough down once to release the gas.

PREPARATION TIME: 1HR 45 MINS

COOKING TIME: 15 MINS

SERVES: 12

10. Knead lightly then divide into 12 equal pieces. Knead each piece until smooth then shape into rounds.
11. Arrange the pieces on the tray, slightly apart. Cover with cling wrap or a clean tea towel and stand 20 minutes in a warm place for the dough to rise again.
12. While the dough is rising, preheat the oven to 200°C.

To make the crosses,

1. Mix the flour and enough water to make a smooth paste.
2. Pipe the crosses on top of the buns.
3. Bake the buns for 12 to 15 minutes, or until they sound hollow when tapped.
4. To make the glaze, warm the golden syrup over low heat until it thins.
5. Brush over the hot buns. Transfer to a wire rack to cool.

STORAGE, REHEATING & LEFTOVERS

- * Best served warm. Store in an airtight container or in the freezer.
- * Reheat wrapped in the oven wrapped in tin foil.
- * These are mini hot cross buns (smaller than store bought), you could make fewer big ones and cook for a bit longer, but these are the perfect portion sizes for a snack.

VARIATIONS & TIPS

For a low chemical version use only dried pear. If high amines are tolerated include dried banana and/or paw paw. If moderate salicylates are tolerated include the dried apple. If salicylates are tolerated, replace the maple syrup with a ½ tsp of cinnamon (high salicylates). Note dried fruit often contains preservatives, please check the label!

For Recipe Source click here