

# GLUTEN FREE HOT CROSS BUNS



## INGREDIENTS

750g Orgran gluten free plain flour  
½ tsp xanthan gum  
2 x sachets dried yeast (approx. 7 - 9g sachets)  
½ tsp salt  
2 tbs mixed spices  
1 cup currants  
125g butter  
425ml milk  
100g brown sugar or dark muscovado sugar  
3 eggs, beaten

PREPARATION TIME: 15 MINS +  
APPROX. 90 MINS PROVING TIME  
COOKING TIME: 15 MINS  
SERVES: 18+ SML-MED SIZED BUNS

## METHOD

1. Place the flour, xanthan gum, yeast, salt, spices and currants into a mixer bowl.
2. In a small saucepan, heat the butter, sugar and milk until it is warmed to about 40°C.
3. Pour the liquid mixture and beaten eggs into the dry mixture and mix using a dough hook for about 15 minutes.
4. Cover the bowl with a tea towel or plastic wrap and put in a warm place until it has risen to about double it's size (about 90 mins).
5. Once it has risen, remove from the oven and turn your oven on to 190°C.
6. Mix the risen dough with a dough hook again for a few minutes.
7. Using your hands, roll the dough into bun sized round pieces and place on a tray lined with baking paper. Allow to prove again for approx. 15 mins or until they have risen again.
8. Place your buns in the oven for approximate 12-15 minutes.
9. Eat and enjoy whilst warm with butter.

## VARIATIONS & TIPS

- \* These buns are best eaten fresh on the day or frozen and reheated when needed.
- \* If you want to make your buns with the traditional cross, try using homemade ready rolled icing or royal icing (see Basics recipes on The Food Werewolf website)
- \* To prove your dough, preheat your oven to 50°C, then turn it off and place your dough (in a covered bowl) inside.
- \* For a nice glaze, you can brush the uncooked buns with a beaten egg or use a mixture of sugar dissolved in water
- \* To stop sticky fingers when rolling your dough into buns, use a coconut oil on your fingers/hands

## NOTE

This recipe is a modified version of the [Orgran Hot Cross Buns recipe](#) found on their website [here](#). Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.