



Home Baking

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Spicy and Fruity Sourdough Hot Cross Buns



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The Dough For the Buns.

Make sure the starter has been fed and has doubled in size in the last 8-12 hours.

Ingredients

500gms Artisan (Euro style) Bread Flour

at least 250gms Mature active starter

450-500gms warm liquid (half milk/half water)

1 T melted butter

2-3 T sugar

2-3 t salt

3 t Dutch Cinnamon

3 t Mixed Spice

½ t Ground Cloves

150gms (1 C) Fruit Medley

150gms (1 C) Natural Sultanas

Hybrid extras - optional

1½ t dry active yeast

1. Into a bowl, measure the dried fruit, spices, sugar and salt and stir.
2. Measure the starter into a different medium/large bowl.

Autolysing step – this is a period of time (20 mins to 2 hours - or more) when the flour and liquid is mixed but the salt is not added. The dough is left to mature and build flavour and the gluten develops.

3. Add the warm liquid to the starter and stir.
4. Tip in the flour, pour in the butter then mix, just until the flour is all moistened, it is perfectly fine for it to look a bit shaggy.
5. Cover and leave for 10-15 mins (autolysing).
6. Give the dough another stir around, cover and leave for another 10-15 mins (autolysing. The dough should be quite moist, the dry fruit will soak up the excess moisture later.

Hybrid Dough - OPTIONAL - if you are in a hurry to make the buns add the dry yeast to speed things up. Sprinkle the dry yeast over the damp dough, give it a bit of a stir.

7. Tip in the rest of the dry ingredients and give it a good stir. Leave for 5-10 mins.
8. Scrape the dough out onto a **well oiled** bench, press out into a large rectangle.
9. Using oiled hands, knead briefly, into a smooth ball (about 30 seconds), return the dough to the bowl.
10. Leave the dough covered, in a warm place for about 1 hour.
11. Tip dough onto the oiled bench again and do a “stretch and fold”. Repeat after an hour.

Stretch And Fold

- a. Press the dough out into a rectangle.
 - b. Stretch one end of the dough and fold to the centre, repeat from the other end.
 - c. Turn 90 degs and stretch/fold the other edges into the centre.
 - d. Turn over and return the dough to the bowl. Cover and leave to rise.
12. After the “stretch and folds”, leave the covered dough to rise in a slightly warm place, until approx. double in size, for 1-4 hours. Then make into buns.

To Make the Dough into 12 Delicious Buns.

Glazes:-

Milk glaze - mix 1 T of milk with 1 t of sugar.

Crosses. For soft white crosses, blend 50gms of our Cross Mix with water to make a pourable paste.

Sticky Spicy Glaze - (brush on while the buns are still hot - straight from the oven) this is enough glaze for 3 doz buns. Measure into a screw top jar or container, 1 generous T of fondant icing, 1 T boiling water, ½ t Dutch cinnamon and ½ t mixed spice, screw on lid and SHAKE. Should be a thick syrup.

1. Tip risen dough onto a floured board or bench.
2. Flip, to coat the dough with flour.
3. Divide the dough in half, roll each half into a log and cut into six even pieces.
4. Shape each piece into round buns, place them into a baking mat/paper lined bun tray, approx 20cm x 31cm with 3½cm high sides.
5. Brush the tops of the buns with the milk and sugar glaze.
6. Place the tray of buns in a warm place. e.g. in cold weather, turn oven on low for a min, turn OFF, place tray of buns in the warm oven for about 30-40 mins then remove, turn the oven on and wait for buns to finish rising to double in size.
7. While the buns are rising, prepare the cross mix and pour into a piping bottle.
8. Pipe cross mix in long lines across the buns, to make the crosses.
9. Bake in pre-heated hot oven, for about 25-30 mins, until golden brown.
10. Remove from the oven and turn out onto a cooling rack.
11. While still very hot, brush tops with Sticky, Spicy Glaze.
12. Serve warm with cold butter. However cold buns can easily be popped into freezer bags and frozen for later. Also make really yummy Bread and Butter pudding with leftover buns. That is, if there are any left!!!

Luxury Fruit Loaf

Instead of Hot Cross Buns – you can use the same dough to make 2 delicious and luxurious Fruit Loaves that are just scrumptious.

Particularly when sliced, toasted and buttered for a great breakfast treat.

Extra Ingredients

200gms mixed Glacé Fruit

100gms Roasted nuts eg hazelnuts, walnuts etc

1. Tip out the dough onto a floured bench.
2. Stretch the dough out into a rectangle with a sticky surface on the top.
3. Chop the Glacé Fruit into chunks and sprinkle the fruit and nuts over the dough.
4. Fold the dough over the fruit and lightly knead into a ball.
5. Divide the dough into two pieces and shape into Bannetons or bread tins.
6. Leave in a warm place to rise to nearly double, then bake as usual, but at 20°C lower temperature than plain bread.