

Spelt & Sultana Hot Cross Buns

Ingredients makes 16 buns

680g Wheatsheaf Farm light spelt flour
15g dried yeast
10g Maldon Sea Salt
100g golden caster sugar
80g soft butter
15g mixed Spice (hence the dark colour of the buns)
175ml semi skimmed milk, tepid
175ml water, tepid
1 egg
120g of sultanas (chopped) or dried fruit of your choice
Zest of 1 orange



For the cross

3 tablespoons/ 50g light white spelt flour
Pinch of salt and sugar
1 tablespoon butter, melted
3-4 tablespoon/60ml warm water

For the glaze

60ml boiling water
1 tbsp golden caster sugar
Pinch of mixed spice or ground ginger

Method

1. Attach the dough hook to your mixer if you have one or use a large mixing bowl.
2. Put the dough ingredients (apart from the fruit and zest) into the bowl and process for 10 minutes on low to medium or mix by hand to form a dough and knead.
- 3.. After 10 minutes, add the dried fruit and citrus zest and mix for another 2 minutes with the dough hook (or by hand)
4. Cover your bowl of dough with cloth and leave for 45 minutes to prove.
5. When your dough has doubled in size, take it out of the bowl and knock back.
6. Shape it into a ball then cut the ball in half and each piece in half again until you have 16 equal size pieces.
7. Gently shape each piece into a ball and pop it onto a baking sheet . I left an inch or so between each one close together if dont mind them touching or more space to keep separate.
8. Cover the baking sheet with plastic wrap and leave for another 30 minutes or so in the same warm place you used before until they double in size.
9. Pre-heat the oven to 2
10. Combine the cross ingredients in a bowl and whisk them together until smooth. Put this in a piping bag or a plastic sandwich bag and cut the corner off to make a piping bag.
11. Pipe a cross on top of each bun then put them in the oven for 15 minutes to cook.
12. While they cook make the glaze by boiling all the ingredients together for 30 seconds. When the buns come out of the oven, use a pastry brush to brush the glaze over each.

ADAPTED FROM A RECIPE BY THE FABULOUS BAKER BOYS