

Hot Cross Buns!

TRADITIONAL
RECIPE



the source
BULK FOODS

TRADITIONAL RECIPE

HOT CROSS BUNS

BUN

- 4 cups plain flour
- 14g dried yeast
- 60g raw sugar
- 1 heaped tablespoon mixed spice
- ½ tsp salt
- 350g mixed fruit (or 300g of our dark chocolate buttons, roughly chopped)
- 50g butter
- 300ml milk
- 2 eggs, lightly whisked

GLAZE

- 125ml water
- 60g raw sugar
- ½ tsp mixed spice

FLOUR PASTE

- 35g plain flour
- 4-5 tbs water

TO SERVE

- Butter

METHOD

To make your buns, combine the flour, yeast, sugar, mixed spice, salt and mixed fruit (or chocolate) in a large bowl. In a small saucepan, melt the butter and then add the milk and heat for 1 minute, or until just warm (be careful not to overheat). Add the warm milk mixture and eggs to the flour mixture. Use a metal spoon to mix until dough just comes together. Turn dough out onto a lightly floured surface and knead, for 10mins, using a little extra flour if necessary, until dough is smooth and elastic. Place dough into a lightly oiled bowl and cover with a clean tea towel. Leave to rest in a warm place for 60-90 minutes, or until doubled in size.

Line a large baking tray with recycled baking paper. Pre-heat oven to 180°C. Turn dough out onto a floured surface, knead for a minute until smooth. Divide dough into 12 equal portions (see note) and shape each into a ball, ensuring they are smooth on the top.

Place balls onto prepared tray, about 2cm apart. Cover with the tea towel and allow to rise again for about 30 minutes, or until doubled in size.

For the crosses for your buns, make the flour paste by combining all ingredients in a small bowl and mixing until smooth. Spoon mixture into a small piping tube. Pipe flour paste over top of buns to form crosses. Bake for 20 to 25 minutes, or until buns are cooked through and golden brown.

To make the glaze, heat the ingredients in a small saucepan, stirring until sugar dissolves. Bring to the boil and simmer for about 5 mins. Brush warm glaze over warm buns. Serve warm, at room temperature, or cut in half and toasted, with butter.

Note: To ensure buns are evenly sized you can weigh the dough and then divide that number by 12. Then you will know how much each piece of dough should weigh.

Hot Croc Buns!

VEGAN & GF
RECIPE



the source
BULK FOODS

VEGAN & GLUTEN FREE

HOT CROSS BUNS WITH DATE CARAMEL

BUN

- 1 tbs chia seeds
- 1 tbs linseeds
- 4 tbs water
- 2 ripe bananas, about 300g when peeled
- 8 medjool dates
- 85g maple syrup
- 3 tbs olive oil
- 150g brown rice flour
- 160g banana flour
- 1 tsp vanilla bean powder
- 3 tsp wattleseed
- ½ tsp ground cloves
- 2 tsp baking powder
- 1 tsp bicarbonate soda
- Pinch salt
- 160g sultanas

CROSS

- 65g icing sugar
- 1 to 2 tsp lemon juice

DATE CARAMEL

- 300g medjool dates, pitted
- 60g tahini
- ½ cup boiling water
- 85g maple syrup
- Big pinch salt

GLAZE

- 85g maple syrup
- 40g olive oil
- 1 tsp wattleseed

TO SERVE

- Coconut Yoghurt
- Banana Chips

METHOD

To make buns, pre-heat oven to 180°C. Grease a rectangle slice tin with olive oil.

Combine the chia, linseed and water in a small bowl and leave to sit for a few minutes. In a large food processor, place the soaked chia and linseed, bananas, dates, maple syrup and olive oil. Process until thoroughly combined and smooth.

In a large mixing bowl combine the brown rice flour, banana flour, vanilla, wattleseed, cloves, baking powder, bicarb, salt and sultanas. Add the wet banana mix and use your hand to finish bringing the dough together but do not overmix. Be gentle with the dough to keep it as light as possible.

Weigh your dough and divide that weight by 8, then weigh out your 8 portions and roll into smooth balls. Place in the greased tin. Use the end of a spoon to make a cross indentation, about 2mm deep, into the top of each bun.

Bake for 25-30 minutes, or until browned and cooked through.

Meanwhile, make the glaze by combining the maple syrup, olive oil and wattleseed and mixing well.

Brush the warm hot Cross Buns with the glaze, going over them twice. Allow to cool.

Make the cross icing by combining the icing sugar with a little of the lemon juice at a time until you have a thick paste. Use a piping bag or small spoon to fill the cross indentation on top of each bun. Allow to set.

To make the date caramel, combine all ingredients in a food processor and process until very smooth, scraping down the sides as you go. Store in a sealed jar in the fridge for up to 10 days.

Best enjoyed on the day of baking, or otherwise cut in half and toasted under a grill. Serve with date caramel, coconut yoghurt and banana chips.

STORE LOCATIONS

GATHERING YOUR INGREDIENTS AT YOUR LOCAL THE SOURCE BULK FOOD STORE

Are you wanting to reduce waste? Try bringing your own containers to fill in-store. We will weigh them before you fill them and then deduct that weight so that you only pay for what's inside.

NSW

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Balmain
Bowral
Byron Bay
Crows Nest
Dural
Erina
Glebe
Katoomba
Lane Cove
Mullumbimby
Newcastle
Rhodes
Rouse Hill
St Ives
Surry Hills
Wagga Wagga
Warriewood
Wollongong
Zetland

QLD

Bulimba
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Fairfield
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Maleny
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Miami
Noosa
North Ward
Southport
Springfield
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Geelong
Hampton
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