



Hot cross bun ring with spiced honey butter

 Vegetarian  Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



4874 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 300 ml milk whole
- ☐ 1 orange zest
- ☐ 50 g butter cubed
- ☐ 500 g flour white for dusting for the crosses, and extra
- ☐ 1 tsp cinnamon
- ☐ 85 g brown sugar
- ☐ 7 g yeast dried
- ☐ 1 large eggs beaten

- ☐ 1 serving cooking oil for greasing
- ☐ 100 g fruit mixed dried
- ☐ 200 g butter salted softened
- ☐ 1.5 tsp cinnamon
- ☐ 0.5 tsp ground ginger
- ☐ 4 tbsp clear honey

Equipment

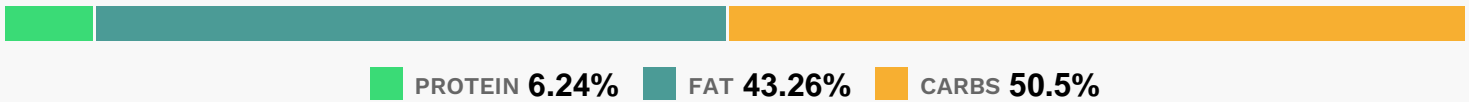
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen towels

Directions

- ☐ Warm the milk and orange zest in a small saucepan until steaming.
- ☐ Remove from the heat and add the butter, swirling the pan until the butter has melted and the milk has cooled to hand temperature.
- ☐ Mix the flour, cinnamon, sugar, yeast and 1 tsp salt in a large bowl.
- ☐ Pour in the milk mixture and the beaten egg, and mix with a wooden spoon until the mixture clumps together. Tip out onto your work surface and knead until smooth and elastic the dough should bounce back when pressed with your finger.
- ☐ Transfer to a clean oiled bowl, cover with cling film or a tea towel and leave to rise for 2 hrs or until doubled in size.
- ☐ Dust your largest baking tray with flour. Tip the dough back onto your work surface and knead again to knock out any air bubbles.

- ☐ Add the dried fruit and knead to incorporate into the dough. Divide the dough into 11 equal pieces.
- ☐ Roll each lump of dough into a smooth ball. Arrange the balls on your tray in a ring, leaving a small gap between each one. Cover loosely with a piece of cling film and leave somewhere warm to prove again for a further 1 hr or until doubled in size, the buns should be just touching.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Brush the buns with a little beaten egg.
- ☐ Mix the remaining flour with enough water to make a thick paste, then transfer to a piping bag fitted with a small round nozzle, or use a sandwich bag and snip off one corner. Use the paste to pipe crosses over the buns this is easiest if you pipe in one big circle, then put a line across the middle of each bun.
- ☐ Bake for 25 mins until golden and cooked through.
- ☐ Meanwhile, make the spiced honey butter.
- ☐ Put the butter, spices and honey in a bowl and beat with an electric whisk until smooth.
- ☐ Transfer to a bowl. When the buns are cooked, remove from the oven and leave to cool for 10 mins on the baking tray.
- ☐ Serve the bun ring warm with the butter in the centre for spreading. The buns will keep for up to 3 days in a tin or freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:306.27, Glycemic Load:334.56, Inflammation Score:-10, Nutrition Score:70.482608878094%

Nutrients (% of daily need)

Calories: 4874.22kcal (243.71%), Fat: 237.9g (366%), Saturated Fat: 137.89g (861.8%), Carbohydrates: 624.78g (208.26%), Net Carbohydrates: 594.58g (216.21%), Sugar: 216.05g (240.06%), Cholesterol: 760.63mg (253.54%), Sodium: 1848.05mg (80.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.23g (154.45%), Vitamin B1: 5mg (333.47%), Folate: 1125.44µg (281.36%), Selenium: 196.9µg (281.28%), Manganese: 5.52mg (276.24%), Vitamin B2: 3.62mg (212.9%), Vitamin B3: 33.9mg (169.48%), Iron: 28.08mg (155.99%), Vitamin A: 7098.57IU (141.97%), Fiber: 30.2g (120.81%), Phosphorus: 1138.03mg (113.8%), Calcium: 868.73mg (86.87%), Vitamin E: 9.77mg (65.14%), Magnesium: 247.7mg (61.93%), Vitamin B5: 6.02mg (60.2%), Potassium: 2097.01mg (59.91%), Copper: 1.18mg

(59.21%), Zinc: 7.25mg (48.31%), Vitamin K: 47.72µg (45.45%), Vitamin B12: 2.55µg (42.43%), Vitamin B6: 0.8mg (40.21%), Vitamin D: 4.4µg (29.36%), Vitamin C: 18.21mg (22.08%)