



Hot Cross Buns

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



231 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10 teaspoons yeast dry
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup currants dried
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.3 cup golden raisins
- ☐ 0.5 cup granulated sugar

- ☐ 3 tablespoons granulated sugar
- ☐ 1.5 teaspoons ground allspice
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 1 cup milk (105°–115°F.)
- ☐ 2 teaspoons orange zest fresh finely grated
- ☐ 24 servings pastry crust
- ☐ 1 teaspoon salt
- ☐ 1.3 sticks butter unsalted cold ()

Equipment

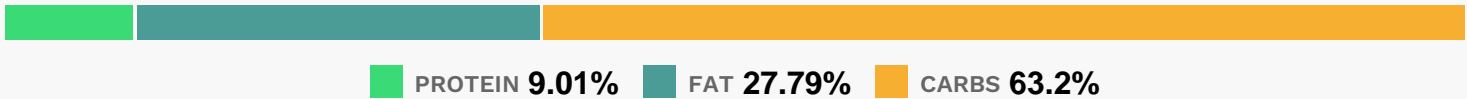
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ In a small bowl stir together milk, yeast, and 1 teaspoon granulated sugar.
- ☐ Let mixture stand 5 minutes, or until foamy.
- ☐ Into a large bowl sift together flour, allspice, cinnamon, salt, and remaining 1/2 cup granulated sugar.
- ☐ Cut butter into bits and with your fingertips or a pastry blender blend into flour mixture until mixture resembles coarse meal. Lightly beat 1 whole egg with egg yolk. Make a well in center of flour mixture and pour in yeast and egg mixtures, currants, raisins, and zests. Stir mixture until a dough is formed.

- ☐ Transfer dough to a floured surface and with floured hands knead until smooth and elastic, about 10 minutes.
- ☐ Transfer dough to an oiled large bowl and turn to coat.
- ☐ Let dough rise, covered with plastic wrap, in a warm place until doubled in bulk, about 1 1/2 hours.
- ☐ Butter 2 large baking sheets.
- ☐ On a floured surface with floured hands knead dough briefly and form into two 12-inch-long logs.
- ☐ Cut each log crosswise into 12 equal pieces. Form each piece into a ball and arrange about 1 1/2 inches apart on baking sheets.
- ☐ Let buns rise, covered, in a warm place until doubled in bulk, about 45 minutes.
- ☐ Preheat oven to 400°F.
- ☐ While buns are rising, lightly beat remaining egg with superfine sugar to make an egg glaze. On a lightly floured surface with a floured rolling pin roll out pastry dough into a 20- by 6-inch rectangle (about 1/8 inch thick). With a sharp knife cut rectangle crosswise into 1/8-inch-wide strips.
- ☐ Brush buns with egg glaze and arrange 2 pastry strips over center of each bun to form a cross. Trim ends of pastry strips flush with bottoms of buns.
- ☐ Bake buns in upper and lower thirds of oven, switching position of sheets halfway through baking, until golden, about 12 minutes.
- ☐ Transfer buns to a rack to cool slightly. Buns may be made 1 week ahead and frozen, wrapped in foil and put in a sealable plastic bag. Thaw buns and reheat before serving.
- ☐ Serve buns warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.37, Glycemic Load:20.71, Inflammation Score:-5, Nutrition Score:7.4591304374778%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 230.66kcal (11.53%), Fat: 7.17g (11.03%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 35.14g (12.78%), Sugar: 9.33g (10.36%), Cholesterol: 37.02mg (12.34%), Sodium: 202.21mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin B1: 0.42mg (28.21%), Folate: 88.83µg (22.21%), Selenium: 13.6µg (19.42%), Vitamin B2: 0.27mg (15.76%), Manganese: 0.27mg (13.52%), Vitamin B3: 2.62mg (13.1%), Iron: 1.81mg (10.05%), Phosphorus: 73.21mg (7.32%), Fiber: 1.57g (6.28%), Vitamin B5: 0.46mg (4.59%), Vitamin A: 200.03IU (4%), Copper: 0.08mg (3.86%), Vitamin B6: 0.07mg (3.33%), Potassium: 112.49mg (3.21%), Zinc: 0.48mg (3.2%), Magnesium: 12.05mg (3.01%), Calcium: 28.33mg (2.83%), Vitamin D: 0.32µg (2.14%), Vitamin B12: 0.12µg (1.95%), Vitamin E: 0.24mg (1.59%), Vitamin K: 1.19µg (1.13%)