

Hot Cross Buns

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon apricot preserves (or other)
- ☐ 3.5 tablespoons butter (1.8 ounces/50g)
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 medium eggs free-range
- ☐ 0.7 cup golden raisins (3.5 ounces/100g) (or a mixture)
- ☐ 1.5 teaspoons yeast instant (0.18 ounce/5g)
- ☐ 0.5 cup warm milk
- ☐ 0.5 orange zest finely grated

- ☐ 2 teaspoons salt fine (0.35 ounce/10g)
- ☐ 3.5 tablespoons caster sugar (1.8 ounces/50g)
- ☐ 0.5 cup warm water
- ☐ 1 tablespoon water
- ☐ 6 tablespoons flour white all-purpose (1.8 ounces/50g)

Equipment

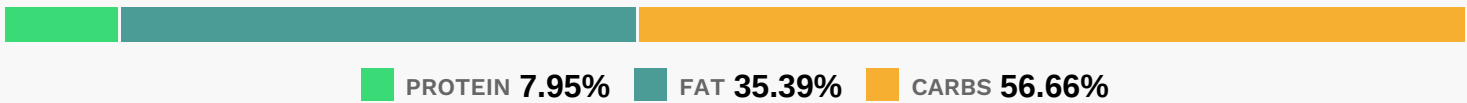
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ stand mixer
- ☐ pastry bag

Directions

- ☐ If you have a stand mixer, combine the flours, water, milk, yeast, salt, and sugar in the bowl and fit the dough hook.
- ☐ Add the egg and butter and mix to a sticky dough.
- ☐ Add the dried fruit, orange zest, and spices and knead on low speed until silky and smooth. (You can do this by hand, but it will be sticky to handle.) Cover the dough and let rise in a warm place for about 1 hour, until doubled in size.
- ☐ Deflate the risen dough and divide into 8 equal pieces. Shape into rounds and dust with flour.
- ☐ Place on a floured board, cover with plastic wrap or linen, and let proof for about 30 minutes, until roughly doubled in size.
- ☐ Preheat the oven to 400°F. To make the crosses, whisk together the flour and water until smooth, then transfer to a pastry bag and snip off the end to make a fine hole (or use a plastic food bag with a corner snipped off, as I do).

- ☐ Transfer the risen buns to a baking sheet and pipe a cross on top of each one, then bake for 15 to 20 minutes.
- ☐ Meanwhile, melt the jam with the water in a pan.
- ☐ Brush over the buns to glaze as you take them from the oven.
- ☐ Transfer to a wire rack to cool.
- ☐ Serve warm, cold, or toasted.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The River Cottage Bread Handbook by Daniel Stevens. As well as baking fresh bread every day in the River Cottage headquarter kitchens, Daniel Stevens leads the ever-popular Build and Bake courses, which equip students with the skills to build their own outdoor wood-fired oven. Daniel has been cooking and baking in professional kitchens for several years, both in Hertfordshire, where he grew up, and more recently in Dorset, where he now lives. He has been part of the River Cottage headquarters kitchen team since 2006.

Nutrition Facts



Properties

Glycemic Index: 38.09, Glycemic Load: 12.22, Inflammation Score: -3, Nutrition Score: 5.2360869801563%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 152.36kcal (7.62%), Fat: 6.29g (9.68%), Saturated Fat: 3.66g (22.85%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 21.31g (7.75%), Sugar: 14.25g (15.83%), Cholesterol: 35.46mg (11.82%), Sodium: 639.02mg (27.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin B1: 0.3mg (20.31%), Folate: 66.35µg (16.59%), Vitamin B2: 0.19mg (11.26%), Vitamin B3: 1.41mg (7.03%), Phosphorus: 62.37mg (6.24%), Selenium: 4.3µg (6.14%), Fiber: 1.34g (5.36%), Vitamin B5: 0.5mg (4.97%), Vitamin B6: 0.1mg (4.8%), Manganese: 0.09mg (4.46%), Potassium: 153.98mg (4.4%), Vitamin A: 216.08IU (4.32%), Copper: 0.07mg (3.65%), Iron: 0.65mg (3.63%), Calcium: 34.26mg (3.43%), Zinc: 0.4mg (2.69%), Magnesium: 9.83mg (2.46%), Vitamin B12: 0.14µg (2.39%), Vitamin C: 1.66mg (2.01%), Vitamin D: 0.28µg (1.85%), Vitamin E: 0.23mg (1.54%)