



Hot Cross Buns



Vegetarian



Popular

READY IN



195 min.

SERVINGS



16

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons active yeast dry
- ☐ 0.8 cup warm milk
- ☐ 0.3 cup granulated sugar white
- ☐ 3.3 cups all purpose flour
- ☐ 2 teaspoons ground spices (for example,)
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons butter unsalted softened
- ☐ 2 large eggs for 3 minutes to take the chill off before using room temperature (if taking right out of the fridge, let sit in warm water)

- ☐ 0.8 cup currants with chopped candied citrus peel)
- ☐ 2 teaspoons orange zest grated
- ☐ 1 large eggs
- ☐ 1 tablespoon milk
- ☐ 1.5 teaspoons milk
- ☐ 0.5 cup powdered sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ stand mixer

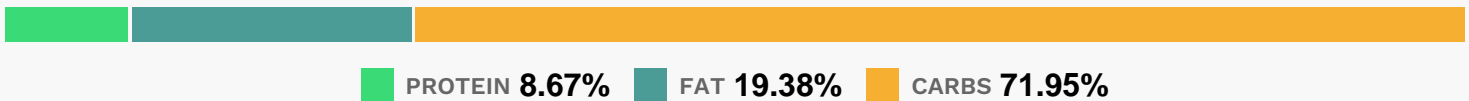
Directions

- ☐ Proof the yeast: In a bowl, stir together 1/4 cup of the warmed milk and one teaspoon of sugar.
- ☐ Sprinkle the yeast over the milk and let sit for 5–10 minutes until foamy.
- ☐ Whisk the dry ingredients: In a large bowl or the mixing bowl of an electric mixer, vigorously whisk together 3 cups of the flour (reserving additional flour for later step), the salt, spices, and 1/4 cup of sugar.

- ☐ Make the dough: Create a well in the flour and add the foamy yeast, softened butter, and eggs, and the remaining milk.
- ☐ Using a wooden spoon or the paddle attachment of your mixer, mix the ingredients until well incorporated. The mixture should be shaggy and quite sticky.
- ☐ Add in the currants, candied peel, and orange zest.
- ☐ Knead the dough, adding more flour as needed: If you are using a stand mixer, switch to the dough hook attachment and start to knead on low speed. (If not using a mixer, use your hands to knead.)
- ☐ Slowly sprinkle in additional flour, a tablespoon at a time, kneading to incorporate after each addition, until the flour is still slightly tacky, but is no longer completely sticking to your fingers when you work with it.
- ☐ Total kneading time should be about 7 minutes in a mixer or 10 minutes by hand.
- ☐ Let sit 2 hours to double in size (first rise): Form a ball of dough in the bowl and cover with plastic wrap.
- ☐ Let sit, covered, at room temperature (or in a warm spot) for 2 hours, until the dough has doubled in size.
- ☐ Form the buns: Press down on the dough to gently compress it.
- ☐ Roll the ball of dough into a log shape and cut it into two halves.
- ☐ Place one half back in the bowl while you work with the other half. Take the dough half you are working with and cut it into 8 equal pieces.
- ☐ Take the individual pieces and form them into mounds, placing them 1 1/2 inches apart from each other on a greased baking sheet.
- ☐ Cover with plastic wrap and then work the remaining dough into 8 equal pieces and place them in mounds on a baking sheet, again cover with plastic wrap.
- ☐ Let the dough mounds sit at room temperature (or warm place) to rise again, until the mounds have doubled in volume, about 30–40 minutes.
- ☐ oven to 400°F.
- ☐ Brush with egg wash: Prepare egg wash by whisking together one egg and a tablespoon of milk.
- ☐ If you want, you can score the top of the buns with a knife in a cross pattern. You will want to make fairly deep cuts, for the pattern to be noticeable after they're done.

- ☐ Using a pasty brush, brush on the egg wash over the dough mounds. The egg wash will give them a shiny appearance when cooked.
- ☐ Bake and cool:
- ☐ Place in the middle rack of the 400°F oven and cook for 10–12 minutes, until the buns are lightly browned.
- ☐ Remove from oven and let cool on the pan for a few minutes, then transfer the buns to a wire rack to cool.
- ☐ Make and pipe frosting in cross pattern on buns: To paint a cross on the top of the buns, wait until the buns have cooled (or the frosting will run).
- ☐ Whisk together the milk and the powdered sugar. Keep adding powdered sugar until you get a thick consistency.
- ☐ Place in a plastic sandwich bag. Snip off a small piece from the corner of the bag and use the bag to pipe two lines of frosting across each bun to make a cross.

Nutrition Facts



Properties

Glycemic Index:17.76, Glycemic Load:17.65, Inflammation Score:-3, Nutrition Score:5.5243478546972%

Nutrients (% of daily need)

Calories: 178.56kcal (8.93%), Fat: 3.89g (5.98%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 31.31g (11.39%), Sugar: 11.71g (13.01%), Cholesterol: 20.69mg (6.9%), Sodium: 159.07mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Vitamin B1: 0.27mg (18.19%), Folate: 60.22µg (15.06%), Selenium: 10µg (14.28%), Manganese: 0.25mg (12.41%), Vitamin B2: 0.19mg (11.15%), Vitamin B3: 1.83mg (9.14%), Iron: 1.43mg (7.93%), Phosphorus: 57.55mg (5.75%), Fiber: 1.18g (4.71%), Copper: 0.06mg (3.21%), Potassium: 111.03mg (3.17%), Calcium: 30.62mg (3.06%), Vitamin B5: 0.28mg (2.81%), Magnesium: 10.69mg (2.67%), Vitamin B6: 0.05mg (2.66%), Vitamin A: 131.78IU (2.64%), Zinc: 0.35mg (2.3%), Vitamin B12: 0.1µg (1.72%), Vitamin D: 0.26µg (1.71%)