

Traditional HOT CROSS BUNS Gluten Free (vegan, low fodmap & grain free)



Your 'handling' time: 15 minutes



Cook Time: 35-45mins



Serving: 10-12buns

Ingredients

Makes 10-12 buns

600 water, room temperature
1 packet active dry yeast
500g Gluten Free Bread Mix
1.5tbs. mixed spice
1.5tbs apple cider vinegar
80-100g raw sugar or coconut sugar*
40-50g your favourite butter (vegan or dairy)
2tsp grated lemon or orange zest, OR
2-3 drops of lemon essential oil food grade

ADD THE FOLLOWING, AFTER DOUGH CHILLING:

150-200g of dried fruit of your choice



Cooking Method

- In a large bowl, combine all ingredients, except dried fruit
- Mix well by hand or in your favourite electric mixer until thoroughly combined (5mins), scrape down the sides regularly.
- CHILL dough in a covered container in fridge for 1-2 hours
- Using oiled hand, mix dried fruit well.
- Shape into buns (100-120g portions to your liking) Arrange buns snugly close to each other on your lined roasting pan or lamington pan
- Pipe the "flour paste mixture" recipe below
- Mist top of buns generously with water
- Rise for 20-25mins
- DO NOT OVER-RISE
- Bake in your pre-heated fan forced 210C oven for 15mins
- Reduce heat to 160C and bake for a further 30-35mins or UNTIL inner temperature reaches 100C
- Brush buns with melted butter or runny smooth apricot jam for delicious soft crust...
- Eat while warm ...
- Buns freezes and thaws well, mist with water and reheat for 10-15min in 180C preheated oven for optimum flavour

Flour paste to be piped on buns:

*¼ cup tapioca starch & 2tbs white rice flour
2-3tbs warm water (start with 1tbs and add gradually till you have a paste). Transfer to a small snap-lock bag and snip off the corner.*

Sourdough HOT CROSS BUNS Gluten Free (vegan, low fodmap & grain free)



Your 'handling' time: 15 minutes



Cook Time: 35-45mins



Serving: 12-15buns

Ingredients

Makes 12-15 buns

600 *water, room temperature*
300g *gluten free sourdough starter (1flour:1 water)
active*
500g *Gluten Free Bread Mix*
1.5tbs. *mixed spice*
80-100g *raw sugar or coconut sugar**
40-50g *your favourite butter (vegan or dairy)*
2tsp *grated lemon or orange zest, OR
2-3 drops of lemon essential oil food grade*

ADD THE FOLLOWING, AFTER DOUGH CHILLING:

150-200g of dried fruit of your choice



Cooking Method

- In a large bowl, combine all ingredients, except dried fruit
- Mix well by hand or in your favourite electric mixer until thoroughly combined (5mins), scrape down the sides regularly.
- CHILL dough in a covered container in fridge for 1-2 hours
- Using oiled hand, mix dried fruit well.
- Shape into buns (100-120g portions to your liking). Arrange buns snugly close to each other on your lined roasting pan or lamington pan
- Pipe the "flour paste mixture" recipe below
- Mist top of buns generously with water
- Rise until almost doubled (timing will vary)
- DO NOT OVER-RISE
- Bake in your pre-heated fan forced 210C oven for 15mins
- Reduce heat to 160C and bake for a further 30-35mins or UNTIL inner temperature reaches 100C
- Brush buns with melted butter or runny smooth apricot jam for delicious soft crust
- Eat while warm ...
- Buns freeze and thaw well, mist with water and reheat for 10-15min in 180C preheated oven for optimum flavour

Flour paste to be piped on buns:

¼ cup tapioca starch & 2tbs white rice flour

2-3tbs warm water (start with 1tbs and add gradually till you have a paste). Transfer to a small snap-lock bag and snip off the corner.

