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







Your 'handling' time: 15 minutes

Cook Time: 35-45mins

Ingredients

Makes 10-12 buns

water, room temperature
 packet active dry yeast
 Gluten Free Bread Mix

1.5tbs. mixed spice

1.5tbs apple cider vinegar

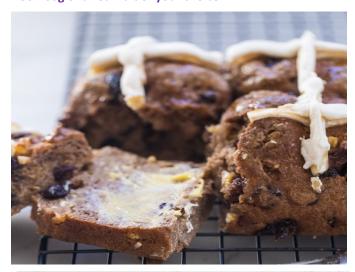
80-100g raw sugar or coconut sugar*

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 FOLOWING, 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 snuggly 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



Ingredients

Makes 12-15 buns

600 water, room temperature

300g gluten free sourdough starter (1flour:1 water)

active

500g Gluten Free Bread Mix

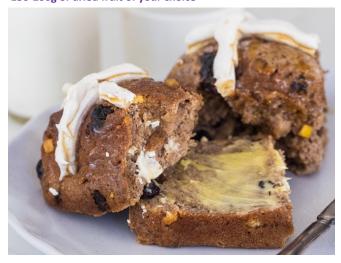
1.5tbs. mixed spice

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 FOLOWING, 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 snuggly 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.