

Chocolate/Carob Chip Hot Cross Buns



Serves	12
Prep time	1 hour, 45 minutes
Cook time	15 minutes
Total time	2 hours
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot
Occasion	Easter

Ingredients

- 150ml milk
- 8g Lowan's Dried Instant Yeast
- 1 teaspoon caster sugar
- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 1 teaspoon maple syrup
- 50g unsalted Butter
- 1 cup chocolate chips or chopped carob buttons
- 2 tablespoons brown sugar
- 1 egg
- 1 heaped tablespoon cocoa or carob

For the crosses:

- 2 tablespoons plain flour
- 1 tablespoon cocoa or carob
- 2 - 3 tablespoons water

For the glaze:

- 1/4 cup water
- 2 tablespoons caster sugar

Directions

1. In a medium bowl, combine the milk, yeast and caster sugar. Leave in a warm place for 5 to 10 minutes until the mixture is frothy.
2. Sift the flours and cocoa/carob into a large bowl, adding the husks back in. Using your fingertips, rub the butter into the flour until it resembles fine bread crumbs. Stir through the choc/carob-chips and brown sugar.
3. Whisk the egg into the yeast mixture, then add to the flour mixture with the maple syrup and mix to a soft dough. Turn onto a lightly floured surface and knead for 10 minutes until the dough is smooth and elastic.
4. Place the dough into a lightly greased bowl, cover with cling wrap and stand in a warm place for 40 minutes for the dough to rise.
5. Lightly grease a baking tray or square cake tin.
6. Punch the dough down once to release the gas. Knead lightly then divide into 12 equal pieces. Knead each piece until smooth then shape into rounds. Arrange the pieces on the tray, slightly apart. Cover with cling wrap or a clean tea towel and stand 20 minutes in a warm place for the dough to rise again.
7. While the dough is rising, preheat the oven to 200 C.
8. To make the crosses, mix the flour, cocoa/carob and enough water to make a smooth paste. Pipe the crosses on top of the buns.
9. Bake the buns for 12 to 15 minutes, or until they sound hollow when tapped.
10. To make the glaze, combine the water and sugar in a small saucepan. Stir over low heat for 2 to 3 minutes until the sugar dissolves. Bring to the boil, then reduce the heat and simmer for 1 to 2 minutes until the mixture thickens slightly. Brush over the hot buns. Transfer to a wire rack to cool.
11. Best served warm. Store in an airtight container or in the freezer. Reheat wrapped in the oven wrapped in tin foil.



Note

Very High Amines, Low Salicylate, Low Glutamates

Using cocoa and chocolate chips in this recipe is High Amines. If carob and carob buttons are used the recipe is low chemical / FAILSAFE.

Variations: Use Nestle white melts instead of the carob/chocolate chips. If salicylates are tolerated, replace the maple syrup with a 1/2teaspoon of cinnamon.

Notes:

I used 1 1/2 tspns of Lowan's Instant Dried Yeast.

These are mini hot cross buns (smaller than store bought), you could make fewer big ones and cook for a bit longer, but I think these are the perfect portion size for a snack.