

Fruit Hot Cross Buns



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

Ingredients

- 150ml milk (warm)
- 8g Lowan's Dried Instant Yeast (or as per yeast instructions)
- 1 teaspoon caster sugar
- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 1 teaspoon maple syrup
- 50g unsalted Butter (softened and chopped)
- 1 cup dried fruit - apple, pear, banana, paw paw (chopped into 1/2 to 1cm sized pieces, refer to the basics page for making preservative-free dried fruit.)
- 2 tablespoons brown sugar
- 1 egg

For the crosses:

- 3 tablespoons plain white flour
- 2 - 3 tablespoons water

For the glaze:

- 1 tablespoon golden syrup

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 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 dried fruit 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 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, warm the golden syrup over low heat until it thins. 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

Low Chemical / Failsafe, High Amines, Moderate Salicylates

Variations: For a low chemical version use just dried pear. If high amines are tolerated include dried banana and/or paw paw. If moderate salicylates are tolerated include the dried apple. If salicylates are tolerated, replace the maple syrup with a 1/2 teaspoon of cinnamon (high salicylates).

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.