

Hot Cross Buns

Traditional Hot Cross Buns are one of those treats that children and adults alike get excited about because they're only make a brief appearance and signal Easter holiday time.

In Australia, Easter often signals the start of autumn which can bring about either the last hurrah of fine summer beach weather or rainy cool weather, which is a perfect excuse for a toasted warm bun slathered with melted in butter. Supermarkets start stocking them a good 1 or 2 months prior to easter as they know there is market demand.

Good gluten-free hot cross buns can be more challenging to find in Singapore, but with this recipe you will be making them fresh at home.

Equipment

stand mixer
cake pan or
brownie tins
scale
piping bag
pastry brush

Dry Ingredients

150 grams light buckwheat flour*
150 grams fine white rice flour
130 grams tapioca starch
70 grams sugar
1 ½ teaspoons salt
1 teaspoon baking soda
1 ½ teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon ground allspice
1 ½ teaspoon cardamon

Wet Ingredients

30 grams psyllium husk
250 ml hot water
2 eggs + 1 egg white reserve yolk for wash
2 teaspoons yeast
1 teaspoon sugar (or preferred sweetener)
120 ml warm coconut milk
125 g currants sultanas and/or raisins
1 tablespoon orange zest
1 tablespoon lemon zest

Orange Glaze

2 tablespoons sugar
1 orange juiced

Egg Wash

1 egg yolk
1 or 2 tablespoons water

Dough Cross

4 tablespoons rice flour
1 tablespoon tapioca starch
2 to 3 tablespoons water
1 tablespoons of sugar

Notes

- Coconut milk can be replaced with whole milk or water.
- If you are trying to avoid gums ensure that the coconut milk you are using is gum and carrageenan free.
- Don't over bake the buns. These buns are not like baking bread which you can afford to overcook, a little on the light side is better as they will become too hard.
- Egg glazing prior to baking is decorative, but not essential. Similarly orange glaze can be omitted if desired.
- Orange glaze can be replace with 1/3 cup of gluten free orange marmalade heated, sieved and then brushed onto hot buns.
- Currants can be replaced with gluten free mini chocolate chips. Dust chips in a spoonful of rice flour prior to adding. Dried cranberry could also be used, it goes well with apple and orange rind.

* We used *Yes You Can* brand of buckwheat flour

Instructions

Dough Method

1. Place a medium size heat proof bowl in the oven and fill with boiling water. Close oven door (but do not turn on heat).
2. Place **currants** in a bowl and cover with hot water.
3. Warm **coconut milk** slightly (lukewarm) and add **yeast** and 1 teaspoon of **sugar**. Stir well and set aside to proof.
4. In a large mixing bowl mix **psyllium** with **250g hot boiled water**. Add in **two eggs** plus **one egg white** and whisk well. This should form a nice thick smooth paste. Set aside to thicken further.
5. Combine all dry ingredients in a stand mixer bowl and mix on low speed until well mixed.
6. Add **orange zest, lemon zest, psyllium mixture** and **yeast mixture** into the dry ingredients. Mix for 2-3 minutes on medium speed, scraping down the sides of the bowl as needed.
7. Drain **currants** and gently fold into the dough on low speed.
8. Tip dough out of the bowl on to a work surface dusted with rice flour. Lightly knead the dough and divide into 10-12 even sized pieces. Work dough into balls with floured hands.
9. *Note:* if your dough is too sticky, use wet hands to shape the balls instead
10. Line a baking pans with parchment paper and evenly space rolls. The rolls should be close enough together so that they join up as they rise. This will support the shape and height of the roll.
11. Place rolls in warm oven to rise until almost double in size. Over rising will cause them to flatten too much during baking. **DO NOT TURN ON**
12. If baking in Singapore or other naturally warm climate, rolls can be left on kitchen bench *without* air conditioning.

Orange Glaze

Juice the zested orange.

Combine **orange juice** and 2 tablespoons of **sugar** in a small sauce pan.

Bring to a boil, reduce heat and simmer for a few minutes.

Remove from heat and let cool.

Dough Cross

Combine ingredients and mix well until a thick paste is formed.

Place into a piping bag and set aside.

Egg Wash

Whisk remaining **egg yolk** with a little **water** to make the egg wash.

Final Steps

Once the buns have risen remove from oven and turn the heat up to 200°C.

Brush the buns with egg wash and pipe crosses onto each one.

Bake for about 20 minutes or until golden brown.

Remove from oven and brush orange glaze on the hot buns. Let cool.

Notes:

- Don't over bake the buns. These buns are not like baking bread which you can afford to overcook, a little on the light side is better as they will become too hard.
- If freezing, slice in half and place baking paper between bun, wrap with foil or API wrap (very environmental!) and pop into freezer. Can be taken straight from freezer and toasted in grill or toaster or leave to defrost and eat.