

# Spelt hot cross buns

Makes 12 buns, takes about 3 hours, uses a mixing bowl and baking trays.

## INGREDIENTS

For the buns:

175g whole milk (you can use goat, sheep or soy)

75g butter (you can use goat's)

10g dried yeast

50g warm water

300g white (refined) spelt flour

150g brown (wholemeal) spelt flour

100g light brown sugar

1/2 teaspoon salt

2 teaspoons ground cinnamon

1 teaspoon ground allspice

Zest of 1 orange

125g currants

1 large egg, beaten

For the crosses:

75g white (reminded) spelt flour

2-3 tablespoons water

For the glaze:

4 tablespoons fine marmalade

1 tablespoon water

1/4 teaspoon ground cloves

## DIRECTIONS

Heat the milk in a small saucepan until just before it boils, then remove from the heat. Add the butter so that it all melts into the milk. In a small bowl, mix the yeast and warm water together and leave to stand so that it froths up slightly.

Sieve the flour and sugar into a large mixing bowl, then add the salt, cinnamon, allspice, orange zest and currants. Mix lightly to combine all of the ingredients.

Once the milk mixture has cooled to being just warm, rather than hot, get a plastic spatula and bowl ready for the messy, sticky bit! In the next part you want to keep one hand clean, to hold the bowl or spatula with, using the other hand as your 'mixer', getting it covered in sticky dough.

Make a well in the centre of the flour and add the egg, followed by the milk and butter mixture and the yeast mixture. Holding the bowl with your ibe clean hand, get your other hand in there to mix all the ingredients together. Periodically use the spatula to scrape the sides of the bowl down and to get the sticky dough off your mixing hand back into the bowl.

Once everything is combined, cover the bowl with cling film and leave in a warm place (25-30°C) for 1 hour. The dough ball should considerably increase in size. Whist this is happening, line some baking sheets or trays with greaseproof paper.

Lightly dust your work surface with flour then turn the dough ball out onto it. Knead it gently a few times, for two minutes maximum, it is important not to over-work spelt dough.

It should be quite sticky, but not so ridiculously sticky that you can't knead it. If it is too sticky, dust the dough with a little flour and knead it in. Conversely, if it's not sticky at all, then your dough is too dry and you can add a tablespoon of milk or water at a time to loosen it slightly.

Once kneaded, divide the dough into 12 small pieces. Roll each piece around to make a ball and place on the greaseproof trays. Cover with cling film and leave to rise for an hour again. Pre heat the oven to gas mark 6, 400°F, 204°C, 184°C fan.

Mix the flour for the crosses and 2 tablespoons of the water together until you have a thick dough. Add more water if necessary. Once the buns have risen again, roll this dough into thin strips and lay across the buns to make the crosses.

Put the trays of buns in the oven for 15-17 minutes. They should be lightly browned when done. Whilst in the oven, mix all of the glaze ingredients together in a small pan over a low heat. Once they are well combined, remove from the heat.

When the buns are cooked, remove from the oven and paint the glaze over the top of them generously.

