

HOT CROSS BUNS

Servings 12 | Prep Time 15 mins | Total Time 2 hr 30 mins



INGREDIENTS

Buns

- 150 g Millet Flour
- 100g Glutinous Rice Flour*
- 1 tablespoon Instant Yeast
- 1 teaspoon Salt
- 190g Arrowroot Flour
- 1 teaspoon Cinnamon
- 1 teaspoon Nutmeg
- ½ teaspoon Ground Cloves
- 50g Caster Sugar
- 1 tablespoon Psyllium Husk
- 1 teaspoon Baking Powder (ensure it is GF!)
- 1 tablespoon Apple Cider Vinegar
- 2 Eggs
- 200g Full Cream Milk
- 150g warm (37C) Water
- 50g Olive Oil
- 150g Cranberries or Currants**
- 1 Orange, zest only (optional)

Cross

- 50g Gluten Free Plain Flour
- 50g Water

Glaze

- 50g Orange Juice (approximately 1 orange)
- 50g Caster Sugar

CONVENTIONAL METHOD

1. In a mixing bowl, mix together the millet flour, glutinous rice flour, yeast, arrowroot flour, salt, baking powder, cinnamon, nutmeg, cloves, sugar, orange zest (if using) and psyllium husk.
2. In another bowl, use a beater to beat the eggs, milk, apple cider vinegar and oil for 3 minutes on medium speed.
3. Add the dry ingredients and 150g water to the bowl and beat on high for 3 minutes on medium-high.
4. Stir in the cranberries or currants.
5. Transfer the mixture into a large glass bowl and cover with plastic wrap. Set aside to prove for 1 hour at room temperature, or until the mixture has doubled in size.
6. Preheat the oven to 180C (or 170C if your oven gets really hot) and line two 6-hole Texas muffin trays.
7. Meanwhile, place 50g GF Plain Flour and 50g water into a bowl and mix together until smooth. Transfer into a piping bag with a thin plain nozzle.
8. Divide the batter evenly between each hole of the muffin tray (to about $\frac{3}{4}$ full). Cover the muffin trays loosely with plastic wrap, making sure the wrap does not touch the batter. Set aside to prove for approximately 30 mins, or until the dough has just risen to the top of the muffin holes.
9. Pipe a cross onto each bun, then bake for about 25 mins, or until the buns are browned on top and a skewer comes out clean when inserted into the centre of a bun.
10. Place the glaze ingredients into a small saucepan and cook on low until the sugar has dissolved. Brush the glaze over the hot buns and serve warm.

THERMOMIX METHOD

1. Add the millet flour, glutinous rice flour, yeast, arrowroot flour, salt, cinnamon, nutmeg, cloves, sugar and psyllium husk to the Thermomix bowl and mix 10 sec / speed 5. Scrape down the sides of the mixing bowl after.
2. Add the eggs, milk, apple cider vinegar, 150g water, oil, orange peel (if using), and cranberries or currants and combine 10 sec / Reverse / Speed 4.
3. Scrape down sides of mixing bowl with spatula, then combine 5 sec / Reverse / speed 4.
4. Transfer the mixture into a large glass bowl and cover with plastic wrap. Set aside to prove for 1 hour at room temperature, or until the mixture has doubled in size. Clean and dry the Thermomix bowl.
5. Preheat the oven to 180C (or 170C if your oven gets really hot) and line two 6-hole Texas muffin trays.
6. Meanwhile, place 50g GF Plain Flour and 50g water into the Thermomix bowl and mix 5 sec / speed 5 until smooth. Transfer into a piping bag with a thin plain nozzle. Set aside and clean and dry the Thermomix bowl.
7. Divide the batter evenly between each hole of the muffin tray (to about $\frac{3}{4}$ full). Cover the muffin trays loosely with plastic wrap, making sure the wrap does not touch the batter. Set aside to prove for approximately 30 mins, or until the dough has just risen to the top of the muffin holes.
8. Pipe a cross onto each bun, then bake for about 25 mins, or until the buns are browned on top and a skewer comes out clean when inserted into the centre of a bun.
9. Place the glaze ingredients into the Thermomix bowl and cook for 5 mins / Varoma / Speed 2 without the measuring cup (MC) on. Brush the glaze over the hot buns and serve warm.

Tips:

* Despite its name, Glutinous Rice Flour (also known as 'Sticky Rice' and Sweet Rice Flour) is Gluten Free. Normal Rice flour is ground from long or medium grain rice, whilst Glutinous rice flour which is ground from short grain glutinous rice. Glutinous rice has a much higher starch content compared to other kinds of rice, therefore making it a great thickening agent for sauces or binder. And don't let the fact that it's called "sweet" rice throw you off either. Its flavour is mild and almost milky, not at all sugary sweet.

** Dried Cranberries and Currants are both low-FODMAP in 13g (approximately 1 tablespoon) serves. The 150g in this recipe is spread over 12 serves which would be about the same amount.