






# SPELT HOT CROSS BUNS NO-KNEAD METHOD

 VGN, RSF

 30 mins preparation / 12 - 24 hrs waiting

 8



## Ingredients

### Buns

- 400g white spelt flour
- 4g dry activated yeast
- 1½ cups warm water
- Zest of 1 orange
- 2 tbs cinnamon
- 2 tbs allspice
- ½ tsp clove
- ½ tsp nutmeg
- ½ tsp vanilla powder
- ½ tsp sea salt
- ¾ cup dried currants

### Cross Mix

- ½ cup spelt flour
- ¼ cup water

### Glaze

- 3 tbs honey




## Method

1. Add flour, salt, yeast, orange zest, spices, vanilla and currants to a large mixing bowl.
2. Add the warm water and stir to form a sticky dough.
3. Once the dough is combined, cover the bowl with a clean damp tea towel and set aside in a warm corner overnight (the dough needs to sit for at least 12 hours, but I found the longer I left the dough, the better the result, so I recommend leaving the dough for at least 18-24 hours).
4. Once the dough is ready, pull the dough out onto a floured surface (it will still be quite sticky), and pull together with your hands.
5. For a loaf version place the rounded dough into a clean floured tea towel and let it sit for a further 1-2 hours.
6. If you're making buns, cut the dough into 8 even pieces and roll into balls, place them onto a paper lined tray, cover with a clean tea towel and set aside to rise for 1-2 hours.
7. While the dough is rising, pre-heat your oven to 250 degrees celsius and place a \*Dutch oven inside the oven with the lid on for 30 minutes.
8. Mix the ½ cup spelt flour and ¼ cup water to form a sticky paste.
9. Pipe the flour and water mix over the buns, forming a cross shape.
10. Remove the Dutch oven from the oven and lightly flour the bottom surface.
11. Place the large dough ball or individual dough balls into the Dutch oven.
12. Place the lid onto the Dutch oven and pop it back into the hot oven.
13. Bake for 30 minutes covered and then a further 15 minutes uncovered.
14. Remove from the oven and brush the buns with honey while still hot.
15. Transfer the buns to a wire rack to cool. Enjoy!

\* If you don't have a dutch oven you could also use a baking tray. The buns may be a little crispier on the outside. You will also need to lower your oven temperature to 200 degrees celcius.

# SPELT HOT CROSS BUNS "SOFT BUNS" VERSION

 RSF, Dairy Free

 30 mins preparation / 3 hrs waiting

 12



## Ingredients

### Buns

- 150ml almond milk (or normal milk)
- 100ml warm water
- 14g dry activated yeast
- 450g white spelt flour
- 50g coconut oil (or butter), melted
- 2 tbs cinnamon
- 2 tbs allspice
- 1 tsp nutmeg
- 1 tsp clove
- 3 tbs coconut sugar
- ½ tsp sea salt
- 1 egg, lightly whisked
- Zest of 1 orange
- 1 cup dried currants

### Cross Mix

- ½ cup spelt flour
- ¼ cup water

### Glaze

- 3 tbs honey



## Method

1. Pre-heat your oven to 190 degrees celsius.
2. Add milk, warm water and yeast to a small bowl, stir and set aside.
3. Add flour, salt, spices and sugar into a large bowl.
4. Make a well in the centre of the flour mix, add the yeast mixture, melted coconut oil and the egg.
5. Mix well until a rough dough forms, then pull the dough out onto a well floured surface.
6. Knead the dough for 5 - 10 minutes until the dough is nice and smooth, then place into a well-floured bowl.
7. Leave the dough in a warm corner to rise for 1.5 - 2 hours.
8. Pull the dough out onto a well floured surface and divide the dough into 12 pieces.
9. Roll the 12 pieces into balls and arrange onto a paper lined baking tray.
10. Cover the buns with a tea towel and let them rest for a further 30 minutes.
11. Mix the ½ cup spelt flour and ¼ cup of water to form a sticky paste.
12. Pipe the flour and water mix over the buns, forming a cross shape (trick: squeezey bbq sauce bottles are great for this!).
13. Place the buns into the pre-heated oven for 20 - 25 minutes until golden brown.
14. Remove from the oven and brush the hot buns with honey.
15. Finally transfer to a wire rack to cool. Enjoy!

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