

# FLUFFY WHOLEMEAL SPELT HOT X BUNS

(vegan : egg-free : dairy-free : wholefoods)



[FutureKingandQueen.com](http://FutureKingandQueen.com)

## HOTXBUNS

1+1/2 cup soy or plant milk of choice  
2 tablespoons raw sugar  
2 tablespoons dry yeast  
300 gm wholemeal bakers (strong) flour  
350 gm wholemeal spelt (soft) flour  
2 teaspoon cinnamon  
2 teaspoons mixed spice  
1 teaspoon ground cloves

1 tablespoon raw sugar  
1/2 cup extra virgin olive oil  
Grated rind 1 x organic orange (juice the orange to use in the decoration later)  
1 teaspoon vanilla essence  
2 cups dried fruit (sultanas or a preferred mix)

- Place milk in a glass measuring jug and heat to lukewarm in microwave. (Or heat in a small saucepan if you prefer.)
- Add 2 tablespoons sugar and dried yeast and stir.

- Set aside in a warm corner of the kitchen for 5-10 minutes or until it becomes very fluffy and active.
- Meanwhile, place flours, spices and the remaining (1 tablespoon) sugar into the large bowl of a stand mixer with a yeast hook fitted.
- Add olive oil, vanilla essence, dried fruit and orange rind to yeast mixture and stir to combine.
- Pour yeast mixture into flour mixture and knead on the lowest setting for 8-10 minutes or until the mixture looks elastic.
- Cover bowl with a clean tea towel and set aside in a warm spot to rise. (Top of the fridge, a sunny corner, or in an oven with oven light turned on are all good options.) This will take about an hour.
- Divide dough into 12 evenly spaced clumps, and roll gently in your hands to make a bun shape.
- Place buns quite closely together on a baking sheet lined oven tray. Cover with a clean tea towel, and set aside to prove for about 30 minutes or until they have risen.
- Preheat a fan-forced oven to 200 degrees C.

## **CROSSES & BAKING**

½ cup plain flour

Juice of 1 x orange

- Mix flour and enough of the orange juice to get a soft dripping consistency.
- Place mixture in a piping bag with a plain nozzle, and pipe crosses over the buns.
- Bake the buns in the hot oven for approx 20 - 30 minutes or until they spring back when pressed with a quick finger and are gently golden.
- Eat warm or wrap in a clean tea towel to keep fresh for the day.