

HOT CROSS BUNS

Maureen brought home a few hot cross buns from a trip to San Francisco. She said, "Try a bite, I think you can make these." Well, a bite told me two things. One, I could make them and Two: They were excellent.

Lacto Ovo - 2 Carb Choices

Sodium Per Recipe: 350.2 mg

Sodium Per Bun: 14.6 mg

Makes 12 Buns

The Dough

1 cup nonfat milk with vitamin A (102.9 mg)

2 tablespoons red wine vinegar (2.384 mg)

2 large eggs (140 mg)

1/4 cup unsalted butter, softened (6.242 mg)

1 tablespoon expeller pressed canola oil (trace)

2 tablespoons white sugar (trace)

1/4 teaspoon ascorbic acid or 3 crushed 500 mg Vitamin C tablets (

1/2 teaspoon cardamom (.18 mg)

1/4 teaspoon mace (.34 mg)

1 teaspoon cinnamon (.26 mg)

1/4 teaspoon allspice (.366 mg)

1/4 teaspoon cloves (1.276 mg)

1/4 teaspoon nutmeg (.088 mg)

1 level tablespoon vital wheat gluten (5.916 mg)

1 level tablespoon granulated soy lecithin (trace)

1 to 2 tablespoons grated orange peel¹ (.36 mg)
4 cups white unbleached bread flour (10 mg)
1 tablespoon + ½ teaspoon bread machine yeast (7 mg)

At fruit buzzer:

¾ cup golden raisins (hold to add near end of kneading) (14.8 mg)

Glaze

1 egg white, large (set aside let come to room temperature) (54.8 mg)

½ teaspoon filtered water (trace)

Tool: 1 basting brush

2 teaspoons granulated sugar or Splenda (trace)

Cross Topping

Confectioner's sugar (powdered sugar) (1.2 mg)

Homemade Orange Marmalade² (2 mg)

Heat the milk in a small bowl in your microwave or in a saucepan until it's about 100° F. Remove from heat. Mix in unsalted butter, stir until melted or if using a bread machine slice thinly, add to milk and the machine will do the rest.

Place dough ingredients in machine's basket in order listed or in order your manufacturer suggests. Set your machine to dough. Hold the raisins. Try to add in about five minutes before kneading ends or at a fruit and nut buzzer.

While dough is being made, prepare two large jelly roll pans or cookie sheets by covering with parchment paper. When dough is ready, turn on your oven to 200° F for two minutes, then turn it off.

When it's finished its first rise, roll dough out onto floured bread board and slice in half. Place one half aside and press the other half down to about 3/8 to ½-inch. Using a cookie cutter or bread-bun cutter cut out 12 servings. Roll these into smooth balls using the palm of your hands. Set evenly apart

on the first baking sheet. Now, repeat with the other half of the dough for the second baking sheet.

Prepare your egg white mix (egg white and water – no sugar), then liberally brush each ball with the egg white.

Using your fingers, sprinkle a pinch of sugar over the top of each ball. You may use Granulated Splenda instead. Granulated sugar has zero sodium while Splenda has possibly 3 or 4 mg for the total that you'd use. Splenda has no carbohydrates.

For single ovens: Set both sheets into oven for rise. At about 45 to 60 minutes pull one sheet out carefully and set carefully in warm place. Lay paper towel over top. Close oven door as soon as you can. Set oven to 375° F (190° C) and bake for about 18 minutes. When you see buns turning brown, they are done. Remove and add in second sheet and bake for about 12 minutes or until golden brown.

For double ovens: Set a tray on middle rack of each oven, turn ovens on to 375° F (190° C) and bake for about 18 minutes or until golden brown. This can happen in 16 minutes sometimes or take 20 minutes at other times.

When removing buns set on wire rack by sliding parchment paper off tray, pulling buns with it and onto the rack.

Footnotes

¹ Per your taste. I like two tablespoons

² May use orange juice (very, very little) and or orange extract.

Nutritional Data Per Roll:

Calories: 156.7, Protein: 4.249 g, Carbohydrate: 28 g, Dietary Fiber: 1.039 g, Total Sugars: 10.4 g, Total Fat: 3.21 g, Saturated Fat: 1.45 g, Monounsaturated Fat: 1.013 g, Polyunsaturated Fat: .419 g, Cholesterol: 22.9 mg, Trans Fatty Acids: 0 g, Total Omega-3 FA: .077 g, Total Omega-6 FA: .051 g, Calcium: 25.6 mg, Potassium: 100.8 mg, Sodium: 14.6 mg, Vitamin K: 1.287 mcg.