



SKYE BLUE

Kitchens

HOT X BUNS

Oven temp 200°C. Line a large tray (approx. 28x24cm) with baking paper.

What you need:

1 bag of Carrot Cake mix
4 TBS tapioca flour
4 TBS soft brown sugar
3 tsp baking powder
2 ½ tsp active dried yeast
1 tsp caster sugar

½ cup warm water
1 cup + 4 TBS warm milk (note 1)
1 egg beaten, room temp, size 7
4 TBS light olive oil
Optional:
Small handful extra raisins
Finely chopped zest of 1 orange

Dough for Crosses:

1/3 cup Baking Bag mix or other gf flour
5mls light olive oil
Milk (note 1)

Syrup:

1/3 cup caster sugar
¼ cup hot water

To Make:

Into a small bowl add the warm water, 1 tsp caster sugar and the yeast. Whisk together with a fork, cover and set aside for 10 minutes until foamy. Empty the bag of Carrot Cake mix into a container (with lid). Add the tapioca flour, soft brown sugar and baking powder. Put the lid on and give it a good shake. Empty dry ingredients into a large bowl and make a well in the centre. In a small bowl whisk together the egg and oil, add to the dry ingredients along with the warm milk and the yeasty liquid. With electric beaters whisk together for about 20 seconds, now add the extra raisins and orange zest if using. Whisk again to combine. Cover the dough with a tea towel and leave in a warm place for 1 hour. While the dough is proving, make the dough for the crosses. Mix together the ingredients for the crosses using just enough milk to make it piping consistency. Heat the oven to the required temperature. Give the hot x bun dough a gentle mix with a large spoon. Take one slightly heaped tablespoon of the dough, then ease off with back of a spoon onto the lined tray. Continue until you have used up all the dough. You want to have 10 even sized balls placed about 1cm apart (5 in each row). Pipe crosses onto each bun then bake for 15-20 minutes (ovens will vary). Make the syrup: Add the sugar and hot water to a small pan. Bring to the boil and simmer for 1 minute. Set aside. Remove the buns from the oven and brush with the syrup. Allow to cool for 10 minutes before turning out onto a cooling rack.

Note:

1. For dairy free use 1 cup non dairy milk of choice plus four tablespoons of water to make the buns. I normally use So Good Soy Light.

Tip: Serve warm or toasted with butter or non dairy spread of your choice. Delicious. The buns freeze extremely well.

