

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Hot Cross Buns

Makes 24 Buns – Enough to Share!

Ingredients:

DOUGH:

1/2 cup sugar
1 cup whole milk
8 tablespoons (1 stick) unsalted butter
1-1/2 teaspoon salt
1/2 teaspoon ground cardamom
1/2 teaspoon ground allspice
1/2 teaspoon cinnamon
1 cup lukewarm water
2 packages active dry yeast
7 cups all-purpose flour, plus additional for dusting
3 eggs, room temperature
1/2 cup dried currants
3/4 cup golden raisins
1 tablespoon orange zest
1 tablespoon lemon zest
1 beaten egg for brushing before baking

FROSTING:

3 cups powdered sugar, sifted
1 tablespoon light corn syrup
1 teaspoon vanilla extract
2 - 4 tablespoons milk, added very gradually

Directions:

1. PLACE THE SUGAR in a large mixing bowl, or the bowl of a stand mixer.
2. MIX THE FRUITS AND ZESTS together in a small bowl. Dust with approximately 2 tablespoons of flour and mix until the pieces evenly dusted. This helps reduce stickiness and clumping of the fruits and zest. Set aside.
3. HEAT THE MILK, BUTTER, SALT, AND SPICES to scalding – hot, just short of a simmer. Pour the hot mixture over the sugar. Stir gently until the sugar is dissolved. Allow the mixture to cool to lukewarm. The spices will bloom in the heat and send wonderful aromas throughout the kitchen!
4. DISSOLVE THE YEAST by adding the 2 packages of yeast into 1 cup of lukewarm water (110 – 115°F). After a few minutes, the yeast should begin blooming and display foaminess on the water's surface.

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5. ADD THE YEAST MIXTURE to the lukewarm milk mixture. (Make sure that the milk mixture has reached a lukewarm temperature; too hot, and it will kill the yeast, too cold, and the yeast's growth will slow).
6. ADD 2 CUPS OF FLOUR to the milk-yeast mixture. It will be a thin batter at this stage. Add the 3 room temperature eggs, one at a time, incorporating each before adding the next.
7. ADD TWO CUPS of the remaining flour a cup at a time and mix well. The dough should have a thick batter like consistency at this stage. Add the dusted raisins, currants and zests, continue mixing until the fruits are evenly distributed.
8. ADD THE REMAINING FLOUR, approximately 3 more cups, one cup at a time, or just until the dough begins to stay away from the pan. The dough is quite sticky at this stage. Continue to stir vigorously in the bowl with a large wooden spoon or with the dough hook of a stand mixer; this kneads the bread and forms the bread's texture.
9. ALLOW THE DOUGH TO RISE in a greased bowl in a warm location and away from drafts until doubled in bulk, about 1 – 1.5 hours depending on the room's ambient temperature.
10. WHEN DOUBLED, punch the dough down. Knead a few times to bring the dough into a ball. It should have lost much of its stickiness by this stage and developed a nice elasticity.
11. DIVIDE THE DOUGH in half, then in half again to obtain quarters. From each quarter divide into 6 evenly sized pieces and repeat. (A culinary scale helps in getting each dough piece relatively the same size for even baking.). Roll each dough piece into a small bun.
12. ALLOW THE BUNS TO RISE approximately 15 -20 minutes depending on the ambient temperature. Brush the top of the buns with an egg wash (1 egg beaten well with a little water, strained if necessary); this will help form a nice golden, shiny crust when baked.
13. BAKE IN A MODERATE OVEN, 400°F for 20-25 minutes. Check the bread at the 15 minute mark to see if the tops are browning too quickly. If so, tent with foil while the bread continues to bake on the inside. Bread is done when the internal temperature reaches 180°F.
14. WHEN BAKED, ALLOW THE BUNS TO COOL on the pan. When cool enough to handle transfer to a cooling rack.
15. FOR THE GLAZE, mix the powdered sugar, corn syrup and extract. Drip in the milk a teaspoon at a time and whisk until the consistency of a very thick frosting that holds its shape with drizzled from a spoon. Place the thick frosting in a piping bag outfitted with a wide tip, or in a plastic bag with the corner clipped. Pipe a thick criss-cross on each bun.