
Hot Cross Buns with Whole Grain Khorasan

Ingredients

Dough

- 265g warm milk (1 cup + 2 Tbsp)
- 43g unsalted butter (3 Tbsp)
- 45g brown sugar (3 Tbsp)
- 1 egg
- 200g sourdough starter (~2/3 cup stirred down)
- 220g whole grain Khorasan flour or home-milled Fieldstone Organics Khorasan wheat berries (1 2/3 cups flour)
- 220g organic bread flour (1 2/3 cups) – this can be made by milling hard red spring wheat berries and sifting with a fine mesh sieve to remove the bran and use the white flour in the recipe (don't throw out the bran, freeze and use in other baked goods)
- 1 tsp salt (6g)
- 1 tsp ground cinnamon (2.6g)
- 1/2 tsp ground allspice (1.3g)
- 1/2 tsp ground nutmeg (1.3g)
- 1 cup dried currants or raisins (140g)

Cross

- 40g all purpose flour (3 Tbsp)
- 65g water (1/4 cup)

Icing

- Juice of a mandarin or half an orange (3 Tbsp, 45g)
- 95g powdered sugar (3/4 cup)



Method

- *Be sure your sourdough starter is as active as possible before starting meaning it has been well fed in the days prior.*

Dough Mixing and Bulk Fermentation

- Heat the milk until it is quite warm but don't worry about reaching the scalding temp of 170F. You just want the milk hot enough to melt the butter and sugar.
- Chop the butter in pieces, then add it and the brown sugar to the hot milk. Stir until everything is mostly melted. Set aside to cool a bit while you prepare the other ingredients.
- In the bowl of a stand mixer, add the egg, sourdough starter, flours, salt, and spices. Then add the warm milk-butter-sugar mixture.
- Mix with the dough hook on medium speed until the dough comes together, about 3-5 minutes. It's okay if the dough is a little sticky because the dried fruit will pull some moisture from the dough over time.
- Finally, add the dried fruit to the mixer bowl and mix another minute or so.
- Transfer the dough to a lightly greased bowl, cover, and place somewhere warm to rise until the dough has expanded by about 75% in size. This could take five or more hours.

Shaping and Final Proof

- Grease one 9"x 13" pan (15 rolls) or two round 9" inch pans (16 rolls).
- Scrape the dough out onto a lightly floured surface, gently de-gas it by pressing down on the dough (rolling out gently with rolling pin works well), and then divide it into 15 or 16 pieces.
- Roll the pieces into balls and place them in your pan(s) with some space between them.
- Cover and let the dough proof somewhere warm until the rolls have doubled, around three hours.



Decorating, Baking, and Icing

- Preheat your oven to 350F.
- For the piped crosses, mix the flour and water in a small bowl and then spoon the paste into a small zip-top bag.
- Cut a 1/4" or smaller hole in one corner of the bag and pipe horizontal and vertical lines onto the buns.
- Bake the buns for 24 minutes, rotating the pan halfway through if the buns are not browning evenly.
- Remove the pan from the oven and set it on a towel or cooling rack.
- Mix a few tablespoons of orange juice (ideally fresh-squeezed) with 3/4 cup of powdered sugar, and then brush the icing on the warm buns.
- You can serve these buns warm from the oven.
- Extra buns can be covered and stored at room temperature for several days. Reheat them for 10-15 seconds in the microwave, or by toasting them in a toaster oven.

Notes

This recipe was adapted from Breadtopia.

