

# Malt Hot Cross Buns



A RECIPE BY RICHARD PLATT, SENIOR PRODUCT TECHNOLOGIST

## Ingredients

### For the buns:

550g Strong Bread Flour  
200ml Milk  
100ml Water  
150g Dried Fruit  
50g Unsalted Butter (chopped)  
40g Malted Wheat Flakes  
40g Nuttimalt (Malted cut grains)  
30g Brown Sugar  
30g Malt Extract  
30g Dried Milk Powder  
7g Dried instant yeast  
1 teaspoon salt  
1 teaspoon mixed spice  
1 teaspoon cinnamon

### For the cross:

55g plain flour  
3 tablespoon milk  
1tsp icing sugar

### For the glaze:

3 tablespoons of malt extract  
1 teaspoon water



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# Method

**For the buns:** Heat the milk and water in the microwave until hot (not boiling). Add the butter into this mixture and allow it to melt.

In a mixing bowl or food processor, add flour, yeast, sugar, malt extract, milk powder, spices and salt and roughly mix.

Add the milk mixture and knead by hand (or using a dough hook) for approximately five minutes. Add the malted wheat flakes, nuttimalt and dried fruit and knead again until the dough is smooth and elastic for another five minutes. If you find the dough is overly wet, add more flour and knead until smooth.

Place the dough in an oiled bowl and cover with cling film. Place in a warm place for 90 minutes or until doubled in size.

Line a tray with greaseproof paper.

After 90 minutes, knock the air out of the dough and tip on to a floured surface. Weigh out approx. 100g pieces and roll into a smooth ball. Place each on to the tray with an even gap between each. Cover the tray(s) and buns with oiled clingfilm and place back in a warm place until doubled in size. You will want the buns almost touching when finished.

Heat an oven to 180C, 350F.

**For the cross:** Mix all ingredients to a smooth paste. Fill a piping bag with the paste and cut a small hole in the bottom using scissors. Cut the hole smaller than you would think, as it's easier to make it bigger, but you can't make it smaller!

Pipe a line across all the horizontals of the buns and repeat, going on the vertical to create crosses. Place in the oven and bake for approximately 15-20 minutes until golden.

Remove from the oven and tap the bottom of one to see if it sounds hollow; this means it's done!

Place on a cooling rack and leave to one side. While they cool, you can now start making the glaze.

**For the glaze:** Heat the malt extract and water in a pan until warm and runny. Remove from the heat and brush on the hot cross buns while they are still warm.

Enjoy!