

Spelt hot cross buns

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Spelt hot cross buns

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Fresh from the Real Food Project test kitchen, these spelt hot cross buns are a healthier take on the Easter staple.

Ingredients

- 175 g milk
- 75 g butter
- 10 g dried yeast
- ¼ cup lukewarm water
- 1 tbsp honey
- 1 egg, beaten
- 500 g white spelt flour
- 70 g light brown sugar
- ½ tsp salt
- Topping
- 2 tbsp flour
- 2 tbsp water

Glaze

¼ cup marmalade OR ¼ cup honey

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Flavours...

Native ingredients

- 2 tsp ground wattleseed
- 75 g chopped raw, unsalted macadamia nuts
- 75 g dried cherries

Traditional

- 100 g sultanas
- 1½ tsp cinnamon
- 1 tsp allspice
- 1 tsp nutmeg



Method

In a small saucepan, heat the milk until nearly boiling then add the butter. Remove from heat and stir until the butter has melted and leave to cool slightly.

Combine dried yeast, lukewarm water and honey in a small bowl and leave for 5 minutes or until frothy.

In a large mixing bowl, mix the flour, sugar, salt and spices and dried fruit. Make a well in the centre of the flour and add the egg along with the milk and yeast mixtures. Using a wooden spoon or your hands, mix until sticky. The dough should be quite wet and unable to be kneaded.

Cover the bowl with plastic or waxed cloth and leave to rise in a warm place for an hour. Do not place in direct sunlight. The dough should rise by at least one third to a half. After an hour, turn out the dough onto a lightly floured bench top and knead it gently for around 30 seconds or until it is smooth. Do not over work the dough at this stage. If it is too sticky to knead, add a dusting of flour.

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Divide into 12 equal pieces. An easy way to do this is to weigh the dough and divide that weight by 12 – that's how much each piece should weigh.
Roll into balls and place on a baking sheet lined with baking paper. They should not be touching but around 5 centimetres apart. Leave for an hour to rise. Meanwhile, preheat the oven to 200°C.

Mix the flour and water so you have a smooth paste. Using a piping bag or a ziplock bag with the corner cut off, pipe crosses onto the buns.

Bake for 15 minutes or until golden.

Remove from oven and brush with melted marmalade or honey.

Recipe: Kate Walsh of [Real Food Projects](#)

Photography: [Kate Holmes](#)

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