

Bun

Difficulty:

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Number of servings: 4

Ingredients:

- * 1 cup warm water (110 degrees F/45 degrees C)
- * 1 tablespoon white sugar
- * 1 package active dry yeast
- * 2 1/2 cups all-purpose flour
- * 1/4 cup shortening
- * 1/4 cup white sugar
- * 1 egg
- * 1/2 teaspoon salt
- * 1/2 teaspoon baking soda
- * 1/2 teaspoon ground cinnamon
- * 1/4 teaspoon ground nutmeg

Instructions:

1. In a small bowl, dissolve the sugar and yeast in the warm water. Let stand until creamy, about 10 minutes.
2. In a large bowl, combine the yeast mixture, flour, shortening, 1/4 cup sugar, egg, salt, baking soda, cinnamon, and nutmeg.
3. Turn the dough onto a lightly floured surface, and knead until smooth and elastic, about 8 to 10 minutes.
4. Place the dough in a well-oiled bowl, and turn to coat. Cover with a damp cloth, and let rise in a warm place for 1 hour.
5. Punch the dough down, and shape into 8 balls. Place the balls on a greased baking sheet, and cover with a damp cloth.
6. Preheat the oven to 400 degrees F (200 degrees C).
7. Bake the buns in the preheated oven until golden brown, about 15 minutes.
8. Remove the buns from the oven, and cool on a wire rack.