

Pistachio Hot Cross Buns



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Made using only 8 ingredients they have that traditional light and fluffy texture you know as love but are filled with an indulgent gooey pistachio centre.

Ingredients

Dough

- 480 ml dairy free milk
- 115g dairy free butter
- 50g sugar
- 7g quick dry yeast
- 650g strong bread flour
- 2 tsp cinnamon
- 100g crushed pistachios

Cross

- 50g plain flour
- 3 tbsp water
- 1 tbsp pistachio butter / cream

Filling

- 6 tbsp pistachio cream / butter

Glaze

- 2 tbsp honey

Instructions

1. Line a small tray or plate with baking paper and place your 6 tbsp of pistachio spread onto it. Put this into the freezer until the pistachio has set - this will make it easier to work with.
2. In a saucepan, whisk together the milk, sugar and butter. Heat the mixture to just warm, about 37 - 39 degrees, or similar to a warm bath.
3. Gently mix the yeast into the milk and cover with a towel and leave to activate. A healthy activated yeast will start to pop to the top and bubble - the top of the mixture should be foamy and frothy. This can take up to 10 minutes. (If your milk mixture is too hot you will kill the yeast and it will not activate!)
4. Transfer to a bowl and then add 600g of the flour.
5. Mix with a wooden spoon until just combined.
6. Cover the bowl with a towel or plastic wrap.
7. Put the covered dough into a warm place for at least 1 hour. It should double in size.
8. Remove the cover and add the remaining flour. Stir well, then turn out onto a well-floured surface.
9. Knead the dough, adding additional flour as necessary, just until the dough loses its stickiness and does not stick to the surface. (You

- 2 tbsp boiling water

can also use the dough hook on a stand mixer to knead the dough!). Knead in the pistachios.

10. Divide the dough into 6 equal pieces for large hot cross buns, or 12 for smaller.

11. Remove the pistachio spread from the freezer and then stretch the dough and place the pistachio into the centre. Carefully seal the pistachio and roll into a tight ball.

12. Line a baking tray with baking paper and place each bun on the tray leaving a slight gap between each.

13. Mix together the ingredients for the cross to form a thick paste (add the water slowly until desired consistency). Pipe this over the buns.

14. Put this back into your warm place to prove for 45 minutes. They should increase in size and a fingertip should leave a small impression in the dough.

15. Bake the rolls at 170°C for 20 minutes, until golden brown.

16. Remove from the oven and add the boiling water to the honey and then carefully glaze each bun whilst still warm.

Notes

All ingredients at room temperature unless otherwise stated.

I used soya milk and plant-based block-style butter.



