

Gluten-Free Hot Cross Buns by Nicole Knegt of Four Spoons Bakery

First Steps

- Start by putting a kettle of water on boil
- Mix 2 teaspoons yeast (7 grams,) 1 tsp white sugar in 1/2 cup (120 grams) of warm water
- Plump up 1/2 cup currants (or 65 grams) in water (does not need to be measured)
- Pour boiling water into a bowl, then place in oven and close door to create the perfect environment for the rising dough

Yeast Mixture

- In a large bowl, mix together 1/4 cup (or 3 grams) psyllium husk, 1 tsp xanthan gum & 3 eggs
- Add 1 cup (250 milliliters) hot water, mix until smooth then set aside to allow it to thicken.

Dry Mixture

- In a separate bowl, mix together 1 cup (or 130 grams) tapioca starch, 2 cups (or 130 grams) brown rice flour, 1 1/2 tsp salt, 1/3 cup (or 75 grams) sugar, 1/4 tsp nutmeg, 1/4 tsp allspice, 1 1/2 tsp cinnamon, 2 tsp baking powder and a dash of baking soda.
- Add to the flour mixture, zest from one orange. Mix well.
- Add dry ingredients to the thickened psyllium/xanthan gum/egg mix. Stir by hand with a large spoon. Mixture will be very thick.
- Drain water off currants, then add to mixture.
- Scrape mixture onto gluten-free floured surface. Pat hands with flour, then gather up dough into a smooth ball. Cut into 8 equal pieces.
- Roll each piece into a ball and place onto a parchment lined cookie sheet. Allow to rise in oven until almost doubled in size.

Orange Glaze

- Juice the zested orange into a saucepan, add 2 TBSP white sugar, bring to a boil and allow to simmer for a few minutes, turn heat off. Leave pan on heat to allow sauce to thicken.

Dough Crosses

- 4 TBSP (or 40 grams brown rice flour), 1 TBSP tapioca starch, 1 TBSP sugar, 2 TBSP + 1 tsp water.
- Mix briskly by hand, then spoon into piping bag.

Final Steps

- Take risen buns out of oven. Heat oven to 400°F.
- Pipe the crosses onto the tops of the buns. Wash tops with egg wash, avoiding the crosses.
- Bake for 25 minutes or until golden.
- Remove from oven and apply orange glaze while hot!

View video at <https://www.youtube.com/watch?v=H9Hk2Iv-6f0>

Check out Four Spoons' complete video series at <https://www.youtube.com/user/fourspoonsgf>