

FOOD

Having worked with a number of health promotion organisations, I am much more aware of the nutritional needs of many people requiring a diet with low fat and sugar content.

Hot cross buns are the ideal way to enjoy an Easter treat without all the guilt. They have virtually no fat, and the lemon curd is a good alternative to butter.

Don't be daunted by all the instructions below. It really is just a spiced fruit bun! If you like making bread, this is a sweet version without going 'all out' on brioche-style sweets.

With LISETTE BUCKLE, owner-chef at Bob Café

BOB'S FAMOUS HOT CROSS BUNS

INGREDIENTS

Fruit Mix

½ cup sultanas ½ cup currants

Spice Mix

½ tspn each of ground nutmeg,
ginger, coriander and cloves
1 tspn ground cinnamon

Easter Buns

2 Tbspns brown sugar
1 Tbspn instant dried yeast
2 cups strong flour 1 egg
1 teaspoon salt 1 cup milk
1 egg

Crossing Mix and Glaze

¾ cup flour 1 Tbspn vegetable oil
1/3 cup water 80g sugar
60mls water

Lemon Curd

125g butter 1 cup sugar
zest and juice of 4 lemons
3 eggs, beaten

METHOD

The night before baking, cover the sultanas and currants in cool water and leave to soak (covered) overnight in the fridge. Next day, make the spice mix by combining the ingredients.

To make the buns, place the brown sugar and instant dried yeast in the lukewarm milk. Break in the egg and leave it resting, while you combine flour and salt in a large clean bowl.

Slowly add the milk mix and form a soft dough. (You can do this by kneading by hand, but you get less of a workout by using your cake mixer with the dough hook attachment.)

Drain the fruit and add to the dough mix, with the mixed spices, making sure the fruit is thoroughly combined into the dough (about 5 minutes in an electric mixer). Let the dough rest for 1 hour, covered with a clean tea towel.

Punch the dough to knock out the excess air. Then shape into 12 evenly sized buns and arrange with plenty of room between each bun on a greased baking tray. Allow to prove in a warm place for 1 hour. (To avoid a skin forming, I use Gladwrap gently resting over the buns.)

While the buns are proving, make the crossing mix by mixing the flour, vegetable oil and water. This will make a paste. Place in a piping bag with a size 5 nozzle. Gently pipe over the buns to form crosses and bake at 160°C for 16-20 minutes.

While they are cooling, make the glaze by boiling together the sugar and water. Use a pastry brush to coat the buns as they cool.

To make the lemon curd, in a saucepan bring to the boil the butter, sugar, lemon zest and juice. Pour just a little into the beaten eggs so as to not scramble them, slowly add the eggs back into the lemon mix, and whisk over low heat until thick. Store in the fridge, and it will keep for up to one month. Happy Easter! ■



Photo: Bryce Zhang

EASTER BUNNY

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