



## Not Cross Buns

### Ingredients:

- 1 x Goodness Flour Pizza Base for 4
- 60g + 40g Brown Sugar
- 3 teaspoons ground cinnamon
- 2 teaspoons mixed spice
- ¼ teaspoon ground clove
- ½ teaspoon ginger powder
- Freshly ground cardamom seeds, to taste
- 85g dried apricats, diced
- 85g dried figs, diced with stalks removed
- 85g dates (I used Medjool)
- 450g (435ml) milk
- 50g butter
- 2 large, free range eggs
- 75g pistachio nuts, roughly chopped

1. Tip Pizza Base blend into a large mixing bowl. (A stand mixer with a dough attachment is great if you have one.) Add 60g of brown sugar, the spices and mix together.
2. Pour the milk into a medium sized saucepan (heavy bottom, if possible). Add the butter and heat gently. When the butter starts to melt, take the saucepan off the heat and set aside.
3. Measure out your fruit. In a small, separate bowl, whisk the eggs. Check the temperature of the milk and butter. It should be around 35°C. Whisk in the eggs. Add the wet ingredients to the flour blend.
4. If you have a stand mixer, mix for around 8 minutes. Then add the dried fruit and mix for 2 - 3 minutes. It will still be a fairly sticky dough. That's ok.
5. If you don't have a stand mixer, no problem, just use a flat bladed knife to mix the dough (including the fruit) until it almost comes together, then using clean hands, finish mixing to a soft dough. Turn dough out onto a lightly floured surface. Knead for 10 minutes, or until the dough is smooth.
6. Place the dough into a lightly oiled bowl and cover with sugar wrap or a damp tea towel. Set aside in a warm, draught free place for 1 – 1 ½ hours to rise. (Ignore those Instagram photos of giant pillows of dough, as long as it rises by at least 50%, it should be fine.)
7. Line a large baking tray with non-stick baking paper. Tip the dough onto a clean workspace and divide it into 16 equal portions. Shape each into a ball.
8. Place balls onto the lined tray, about 1cm apart. Cover with oiled sugar wrap / a clean tea towel and set aside in a warm, draught free place for 30 minutes. (Mine don't generally get to double in size, but it seems to work fine anyway.)
9. While the dough is proving, preheat the oven to 195°C.
10. Place buns into the preheated oven and bake for 20 - 25 minutes, or until buns are cooked through.
11. While the buns are cooking, make the glaze by mixing 40g water and 40g of brown sugar in a small saucepan over low heat. Stir until the sugar dissolves and the syrup thickens slightly. Remove from heat.
12. Brush the glaze over the warm buns. Sprinkle pistachio nuts over the top.
13. Serve warm, with butter. They'll last for a few days in an air tight container, just warm them slightly when you serve them. They also freeze well - just defrost, warm slightly and serve.