

Apple Hot Cross Buns

Hands On: 15 minutes

Total Time: 2 hours 10 minutes

Makes: 12 buns

INGREDIENTS:

3 1/4 cups (800 mL) all-purpose flour (approx.).
1/4 cup (60 mL) granulated sugar
1 pkg (8 g) instant yeast (rapid-rise)
1 tsp (5 mL) ground cinnamon
1 tsp (5 mL) salt
1/4 tsp (1 mL) ground nutmeg
1/2 cup (125 mL) milk
1/3 cup (75 mL) Rougemont McIntosh Apple Juice
2 tbsp (30 mL) butter
1 egg, at room temperature
1/2 cup (125 mL) raisins
1 apple, peeled, cored and diced

Glaze:

2 tbsp (30 mL) corn syrup
2 tbsp (30 mL) Rougemont McIntosh Apple Juice, divided
1 cup (250 mL) icing sugar

DIRECTIONS:

1. **Whisk** together 3 cups (750 mL) flour, sugar, instant yeast, cinnamon, salt and nutmeg.
2. **Heat** milk, apple juice and butter in saucepan set over low heat until butter is melted. Let cool to about 120°F (49°C). Stir into flour mixture along with egg to form sticky dough.
3. **Turn** out onto floured surface; knead in as much of the remaining flour as needed for about 10 minutes or until dough is smooth and elastic.
4. **Place** in greased bowl; cover and let rise until doubled in bulk, about an hour. Punch down. Knead in raisins and apple. Let stand for 5 minutes.
5. **Preheat** oven to 350°F (160°C). Divide dough into 12 pieces. Form each piece into ball, stretching and pinching underneath so ball is smooth on top.
6. **Place** balls close together on parchment paper-lined baking sheet, so that they are barely touching. Cover and let rise for about 30 to 45 minutes or until doubled in bulk.
7. **Bake** for 25 to 30 minutes or until golden and sound hollow when tapped on bottom.

8. **Glaze:** Heat corn syrup and 1 tbsp (15 mL) apple juice in small saucepan set over low heat until runny. Brush over hot buns. Let cool completely.
9. **Mix** icing sugar with remaining apple juice. Transfer to resealable bag. Snip off small corner. Pipe cross over top of each cooled bun. Let stand until set.

Tips:

- These buns are just as delicious made with Rougemont Apple Royal Gala Juice or Rougemont Not From Concentrate Juice.
- Replace raisins with currants and chopped candied mixed peel for a traditional taste.