

SAUNDERS' MALT EXTRACT



Preparation

20
MINS

Bake Time

18-20
MINS

Makes

12

Difficulty

HARD

STICKY MALT FRUIT BUNS

Dried fruit and spice is such a nostalgic flavour combination and the glossy Malt Glaze make these buns irresistible.

INGREDIENTS

Fruit Buns

- 1 cup (250ml) milk
- 40g unsalted butter, chopped
- 2 tablespoons Saunders' Malt Extract
- 3 & 1/4 cups (490g) bread or baker's flour, plus extra to dust
- 1/2 cup (80g) raisins
- 1/2 cup (80g) sultanas
- 1/4 cup (40g) currants
- 2 teaspoons dried yeast
- 2 teaspoons mixed spice
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1 large free-range egg, lightly beaten
- Melted butter, to grease
- Butter, to serve

Sticky Malt Glaze

- 2 tablespoons Saunders' Malt Extract
- 1/2 teaspoon mixed spice

METHOD

- 1** Stir the milk, butter and Saunders' Malt Extract together in a small saucepan over low heat until melted and combined. Do not boil. Remove from heat and set aside to cool to lukewarm.
- 2** Combine the flour, dried fruit, yeast, spices and salt in a large bowl. Add the lukewarm milk mixture and egg and stir until just combined. Cover and set aside for 10 minutes.
- 3** Turn the mixture onto a lightly floured surface and knead for 5 minutes or until quite smooth. Brush a large bowl with melted butter, place the dough in the bowl and turn the dough to coat in butter. Cover with plastic wrap or a damp tea towel and set aside in a warm place to prove for about 1-1.5hrs or until dough doubles in size.
- 4** Preheat the oven to 200°C (180°C fan-forced). Grease an oven tray with melted butter.
- 5** Turn the dough onto a lightly floured surface. Knead for about 2 minutes or until smooth and elastic. Divide the dough into 12 equal portions. Shape into balls and place on the prepared tray, almost touching. Put tray in a warm place for about 30 minutes or until dough has risen 1-2cm.
- 6** Bake for 18-20 minutes or until golden and well-risen.
- 7** Meanwhile, to make the sticky malt glaze, put the Saunders' Malt Extract, 1 tablespoon water and spice in a small saucepan over low heat. Stir until dissolved, and then simmer for 30 seconds.
- 8** Brush the tops of the buns with glaze and serve warm with butter.

FOR MORE RECIPE IDEAS VISIT SAUNDERSMALT.COM.AU