

SAFFRON BUNS

Written by @therealpeterspan



Saffron is often referred to as the “Red Gold”. No spice exudes luxury and quality much like saffron, it has been used for over 3,000 years and in all that time coloured state dinners of the royal houses of many great civilizations and filled with its aroma. The darker the colour, the better the quality also it is proven that Saffron has many benefits to your health and mental condition! The word Saffron came from the Arabic word Zafaran, meaning yellow.

Ingredients:

240 ml whole milk / 125 g butter, cut into pieces / ½ teaspoon crumbled saffron / 2 and ½ teaspoons active dry yeast / 60 ml lukewarm water / 100g cane sugar / 1 egg, at room temperature, beaten / ½ teaspoon salt / 550 – 580 g flour / 2 tablespoons cranberries /
GLAZE : 1 egg, lightly beaten

Instructions:

In a small pot, combine the milk and butter over medium-low heat, stir until the butter melts.

Remove immediately from the heat and stir in the saffron. Set aside to cool to lukewarm.

Meanwhile, in a large bowl, stir the yeast into lukewarm water and let proof until bubbles appear.

When the milk is lukewarm, stir it into the yeast, along with the sugar, egg, salt, and all the flour – adding as much of the remaining flour as needed to make a soft dough.

Turn the dough out onto a floured surface and knead until it is smooth and elastic. Transfer the dough to a large, lightly greased bowl and turn it to coat the top. Cover and let it rise in a warm place until doubled in bulk. (1 ½ to 2 hours)

Line baking trays with greaseproof paper. Punch down the dough. Divide it into 18 pieces, and then divide each piece in half. Roll each half between your palms into a strand that's about 10 cm long. Lay one strand over the other to form an X, then turn the 4 ends toward the center to form coils. Press a cranberry firmly into the centers of the coils. Cover the buns and let rise in a warm place until puffy. Preheat the oven to 200 C. Brush the buns with the beaten egg. Bake until golden, about 15 minutes.

