Austen Bath Buns

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(Adapted from https://janeausten.co.uk/blogs/snacks-and-sides/bath-buns)

Makes 12 buns

INGREDIENTS:

For the Caraway Comfits:

1 Egg White
60gm / 3 tbsp Castor Sugar
60gm / ½ cup Caraway Seeds
(if you want to keep it simple you can just use the same quantity of plain caraway seeds)

For the Buns:

180 ml / 6 fl oz / ¾ cup Milk

1 tbsp Sugar

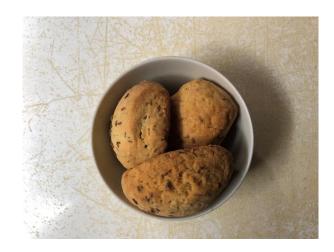
2 tsp / 8gm Yeast

220 g / 1 cup Butter, room temperature

450 g / 2 cups Flour

60 g / ½ cup Caraway Seeds (if not making the Caraway Comfits recipe)

1 Egg



METHOD:

For the Caraway Comfits:

- 1. Whisk egg white until soft peaks, then whisk in castor sugar.
- 2. Place caraway seeds in a bowl and spoon just enough meringue mixture to coat all the seeds (should take about 30gm of meringue mixture). NOTE: you can use the remaining meringue mixture to coat any other seeds or nuts using the same recipe.
- 3. Line a baking tray and spread the mixture on the tray with as much spacing as possible to allow even airing of the seeds.
- 4. Bake in a low oven of about 150°C.
- 5. In approximately 5 min intervals, agitate the mixture and keep returning to the oven until the seeds are crunchy and the meringue mixture bakes.
- 6. Allow to cool then break pieces with your hand to form a finer crumb.

For the Buns:

- 1. Warm the milk and sugar together, being careful not to overheat the mixture or this will kill the yeast.
- 2. Sprinkle the yeast on top and allow to rest until the mixture is bubbly (approximately 10min).
- 3. Cube the butter and place in large bowl with the flour.
- 4. Mix the yeast mixture into the butter and flour together in a mixer with a dough hook attachment or by hand in the bowl.

- 5. Once dough has formed, add the caraway seeds (or caraway comfits if using), reserving a few for sprinkling on top of the rolls.
- 6. Cover the bowl and set it in a warm place to rise for 1½ to 2 hours. NOTE: this is not a typical yeasted bread dough and may not rise as much as a plain bread dough.
- 7. When the dough has risen, punch it down and roll into log on lightly floured bench.
- 8. Divide dough into 12 pieces and shape into rounds.
- 9. Place the buns on a lined baking tray allowing to rest for further 30min.
- 10. Lightly whisk the egg and brush over the buns then sprinkle them with the reserved caraway seeds (or caraway comfits).
- 11. Preheat the oven to 180° C / 350° F. Bake the rolls for 30 minutes or until lightly browned. Serve warm with marmalade or butter and a good book.