

Austen Bath Buns

Jess Jenkins

(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.