

Cotswold Crunch Cider Buns

Makes 10 buns. 150g per bun

Ingredients

200g	Eating Apples, puree to a pulp. (About 2 large apples)
100g	Honey
430g	Cornish Orchards Gold Cider
100g	Jumbo Oats + extra for topping
400g	Canadian Strong White Flour
400g	Cotswold Crunch
12g	Sea Salt
14g	Dried Yeast (Osmotolerant)
1	Large Egg
1	Pinch of salt

Method

- Add the cider and puree apple to a pan and gently boil for 5 mins
- Remove and allow to cool to approx 35°C
- Add the oats and the honey to the cider/apple liquid
- Measure out the flour's and salt in a mixer bowl and mix
- Add the salt to the flours and mix
- Sprinkle the yeast on top of the flour.
- Add the oats/cider/apple/honey mix to the flour mix
- Mix with a stand mixer for 5 mins
- Remove from the bowl and hand knead for 8-10mins
- Place in a lightly oiled bowl and leave to prove at around 25°C for 60mins
- Remove from the bowl and knock back the dough
- Divide into 10 pieces approx 150g per piece
- Have two large baking trays lined with parchment paper ready
- Gently flatten each piece of dough, and lift and fold the edges of the dough over and onto the opposite side on the dough piece, repeat this process going around the dough. (This is building tension into the dough, but not so tight that it tears the dough)
- Turn the dough over and with your hand cupped over the dough ball, move n drag the ball in a circular morion to further tighten it.
- Place the ball on the lined tray
- Repeat with the other 9 balls
- Once all the dough balls are shaped, very lightly sprinkle with flour and press down the dough balls to flatten the out
- Cover and leave to second prove for 1 hour @ 25°C
- Pre-heat your oven 1/2 hour before baking to 200°C
- Once the buns have doubled in size, and passed the 'poke' test
- Mix the egg with a pinch of salt, brush this over each bun and sprinkle with oats
- Bake for 20mins
- Remove and allow to cool on a wire rack for 20mins