

Spicy Buns

Judy Jacobs

The Church of St. Michael and St. George - St. Louis, MO - 1980

Yield: 24 to 30 buns

*1 package dry yeast
3 1/2 to 4 cups flour, divided
1/3 cup sugar
1 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon mace
1/8 teaspoon ginger
2/3 cup water
1/2 cup (one stick) butter
3 eggs
1 cup raisins (or currants or dried fruit)*

In a bowl, combine two cups of the flour, the sugar, salt, cinnamon, nutmeg, mace, ginger and yeast.

In a saucepan, heat the water and butter to 120 to 130 degrees. Stir into the flour mixture. Add the eggs. Blend. Beat for three minutes at medium speed.

By hand, stir in the fruit and remaining flour to make a firm dough. Knead on a floured surface until smooth and elastic, not sticky. Place in a greased bowl. Cover and let rise in a warm draft-free place until doubled in size (one hour plus).

Punch down the dough. Roll on a floured surface to one-half inch thickness. Cut out 24 to 30 buns with a biscuit cutter (1-1/2 to 2-inch rounds). Place 1-1/2 inches apart on greased cookie sheets. Cover and let rise until doubled, 30 minutes.

Bake at 350 degrees for 10 to 12 minutes.

Remove from the cookie sheets. Cool. Drizzle with icing.

(Variation One: Rolls. Do not put fruit into the dough. Roll out to one-quarter inch thick. Sprinkle the surface with butter, sugar and fruit. Roll up and cut into 1-1/2 inch pieces. Bake in a pie pan.)

Variation Two: Roll out as above but add chopped pecans as filling. Prepare muffin tins with butter and brown sugar and pecans. Place slices on top. Bake. Becomes caramel rolls.)

Per Serving (excluding unknown items): 2509 Calories; 66g Fat (23.9% calories from fat); 67g Protein; 405g Carbohydrate; 16g Dietary Fiber; 760mg Cholesterol; 2829mg Sodium. Exchanges: 22 Grain(Starch); 2 1/2 Lean Meat; 10 1/2 Fat; 4 1/2 Other Carbohydrates.