

## **BASIC SWEET BUN DOUGH WITH ORANGE PECAN PULL-APART VERSION**

Yield varies depending on your cutting and shaping choices but is generally 14-16 pastries from the base recipe. Makes ~ 1100 g / 2.4 lbs of dough.

For timing purposes, you will heat milk, stir in butter to melt and let it cool until tepid. Then add eggs to that. The mixture will then be added to the dry ingredients.

The filling can be made during the first rise and will be needed for the rolling/assembly steps. The crumble is added on top just before baking. I usually have a crumble stash at the ready in my freezer, but you can easily make it during one of the rises.

This dough is a delight to work with, comes together beautifully and can be used to create your favorite cinnamon bun or whatever your heart desires. I love this orange pecan version, but you can create your own flavors, vary your spices, use different nuts and shape the dough as you wish.

When using instant yeast, it isn't necessary to "proof" the yeast first in tepid liquid. Just blend it in with the dry ingredients and proceed.

### **Basic bun dough**

- 240 ml / 1 cup whole milk
- 113 g / 8 tablespoons unsalted butter, cubed
- 2 large eggs room temperature, lightly beaten
- 1.5 tablespoons vanilla extract
- 260 g / 2 cups all purpose flour
- 260 g / 2 cups bread flour (can sub in half of that as whole wheat or spelt flour if desired)
- 100 g / 1/2 cup light brown sugar
- 10 g instant yeast
- 5 g / 1 teaspoon kosher salt
- 1 teaspoon ground coriander
- 1/2 teaspoon ground ginger
- large pinch to 1/4 teaspoon cinnamon

## *the french tarte*

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**Filling:** in a medium bowl blend 132 g / 2/3 cup granulated or brown sugar with 3 tablespoons orange zest, 1/2 teaspoon kosher salt and 84 g / 6 tablespoons soft butter.

**Crumble:** in a medium bowl blend 130 g / 1 cup all purpose flour, 66 g / 1/3 cup sugar; sand in 113 g / 4 ounces butter, diced and coolish, to achieve coarse crumbs. Mix in 60 g lightly toasted, coarsely chopped pecans.

Set aside. Can be made ahead, bagged up and frozen until needed.

Let's do it!

1. Have 14 individual 3" cake pans or ramekins buttered and sugared. You can also use standard muffin tins which have slightly smaller volume. The buns will bake up and over the edges a bit more if using the tins.
2. Heat milk in a microwave safe container (2 cup Pyrex is great!) just to boiling then add the cubed butter, stirring to melt. Let cool to tepid ~105°F.
3. Add eggs and vanilla to milk/butter and set aside.
4. Place flour, sugar, yeast, salt and spices in the bowl of a 5 or 6-quart stand mixer. Place the salt and yeast on opposite sides of the bowl until ready to mix so the salt won't inhibit the yeast. Give it a brief mix with a spatula to blend.
5. Add the milk/egg mixture; stir with a rubber spatula to initiate the blending then with the mixer fitted with the dough hook, blend on low for 6-7 minutes until smooth and elastic. Or knead by hand 12-14 minutes.
6. Place the dough in a lightly buttered bowl, cover with film wrap and let rise at room temperature for 45-90 minutes depending on the temperature of the room. Look for about doubled in size.
7. Turn the dough out onto a lightly floured surface, divide in two and roll each half out to a 9"x9" square.
8. Spread half the filling over each portion of dough. Cut each square into thirty-six 1.5" squares.
9. Use 5 small squares per mold, placing them slightly overlapping in a flower like pattern. You should have enough for 14 buns.
10. Cover loosely with plastic wrap and let them rise about one hour.
11. Toward the end of the rise heat the oven to 375°F.
12. Before baking top each with crumble mixture.

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13. Bake 20-25 minutes until golden brown. Let cool 5-10 minutes then gently lift out of the pans onto a cooling grid to finish cooling.

These keep well for a couple of days in a covered container and do nicely with a few minutes warm up in a 325°F oven. They also freeze well.

For a less fussy spiral preparation, to make 16 buns simply roll the full batch of risen dough out into a 10" by 16-ish" rectangle, spread on the filling, roll the dough up into an 16" log and slice into 16 one-inch slices. Place the slices in prepared tins for the second rise and bake as above.

You can also bake them individually placed an inch or so apart on a parchment lined sheet pan. In that case, grab the end of the dough, gently pull and tuck it under the center of the bun to prevent the buns from unfurling during baking.

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