

## *Designer Buns*

*100% Whole wheat with dried fruit, nuts, chocolate, spices, seeds, olives, herbs, and the like, just one or two at a time!*

Sweetness can be added to buns in the form of dried sweet fruit. Currants, raisins, dates, indeed any dried fruit that you like can be added to whole wheat buns. Currant buns are classic because the small currants distribute neatly and tastily in small buns. Larger raisins and larger cut dried fruit pieces can be better accommodated in a full-size loaf. Dried fruit pastes will lose some of their sugars by sourdough fermentation but will contribute flavor and texture. Nut pieces can be included in buns as a partial or complete alternative to the dried fruit. Nut butters can be used instead of other oils or fats, since on average they are half their weight in fat.

For example, currants alone can enhance the sweetness and interest of any 100% whole wheat bun formulation, whether simply whole wheat or with milk, egg or extra malt.

Accompanying flavoring and spices such as chocolate or cinnamon are additional options. Black pepper used in small amounts with currants or raisins gives pleasing spicy warmth to buns.

Dried fruit is best hydrated and plumped separately, while waiting for completion of the first rise of the dough during 4 hours at 86°F. Water is the simple option for plumping the dried fruit, but orange or lemon juice in small amounts can be a flavorful alternative.

Hydrating nut pieces before adding them to the dough is certainly a possibility. However, in the case of walnuts the presoaking process can lead to a purple coloration of the dough. No doubt this is harmless, and likely due to the solution of a colored antioxidant compound typical in walnuts.

Savory flavor additions to buns are also possible. Traditional whole grain breads especially from the Alpine regions of Central Europe are variously flavored. They often contain rye and flax together with caraway, anise and fennel seed. The addition of olives with oregano to olive oil bread is reminiscent of Italian and Greek breads. No doubt you will have your own memories of tasty savory breads with flavors you can recapture by adding seeds and herbs.

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The list below includes optional dried fruit, nuts, chocolate, and spice ingredients in suggested amounts for 12 buns, based on 500 grams whole wheat flour. Amounts are for the ingredient being used alone. Thus, half amounts might be used if including two of these ingredients etc. Most of these extra ingredients are best mixed in after the first rise of the dough.

Ingredients	Grams (Amounts for recipe containing 500 grams whole grain flour)	Baker's percent (Amounts in grams with respect to 100 grams of whole grain flour)
Total amount of currants, raisins, other dried fruit in small pieces or nut* pieces)	200 – 250	40-50
Water or fruit juice to plump dried fruit	20 – 25	4-5
Almonds, Walnuts	63 - 125	12.5 - 25
Nut butter (almond, peanut, sesame tahini)	25 - 50	5 - 10
100% Cacao chocolate chips	150	30
100% Cacao cocoa powder (mix with flour at start of recipe)	35 - 70	7 - 14
Vanilla extract	12.5 - 25	2.5 - 5
Citrus fruit zest (Orange, Lime or Lemon)	Zest from 1.25 citrus fruit (from one and a quarter of a citrus fruit)	Zest from 0.25 citrus fruit (from one quarter of a citrus fruit)
Ceylon Cinnamon, Cinnamon, Ginger, Cardamom	2.5 – 5	0.5 – 1
Nutmeg, Black Pepper, Allspice, Cloves	1.25 – 2.5	0.25 – 0.5

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*Seeds, herbs and olives can be added to 100% whole wheat buns for savory flavor options. Suggested dried herbs and seed ingredient amounts are for 12 buns, based on 500 grams whole wheat flour. Amounts are for the ingredient being used alone. Thus, half amounts would be used if including two of these ingredients etc. Most of these extra ingredients are best hydrated and added after the first rise of the dough.*

<i>Ingredients</i>	<i>Grams (Amounts for recipe containing 500 grams whole grain flour)</i>	<i>Baker's percent (Amounts in grams with respect to 100 grams of whole grain flour)</i>
Water to hydrate herbs or seeds before adding to dough	25-50	5 - 10
Dried herbs (e.g.sage, oregano, basil, dill, rosemary)	0.5	0.1
Dried pepper flakes	0.5	0.1
Olives (pitted)	125	0.25
Flax, Sesame, Chia, Poppy seed	25 - 50	5 -10
Caraway, Fennel, Anise, Nigella, Coriander seed	5	1