

Buns recipe

2 cups biodynamic white flour
3 cups Biodynamic Whole wheat Flour
1 tsp. salt
1tsp sugar
1 tsp. granulated yeast
2 tsp. oil
2 cups warm water

- Combine dry ingredients
- Make a well
- Pour wet ingredients into well & stir
- Knead well
- This dough requires 2 proving's(1st until dough is double in size and 2nd in the tin or tray)

For the Play group buns I prepare the dough the night before and leave it to rise slowly in the bowl with a cover on (damp tea towel or plastic bag), and take it to the group the next day. We knead the dough again with the children and then form into small buns. We may decorate with raisins, sunflowers etc. And place on to tray then straight into heated oven.

These can be modified at home

- Substitute salt for 2 tsp. miso.
- Substitute sugar for 1-2tsp honey ,Maltexo, Black strap treacle
- Dissolve these in the water before adding to the flours

These can give the Bread /buns a richer, nuttier flavour.

Place on a greased or semolina sprinkled tray or tin.

- Brush with water

Bake in a hot oven for 30min for Buns
Or 40-60min loaf

From Australian Playgroup

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