



RECIPE: CHOCOLATE ORANGE KNOT BUNS

Makes: 15 Buns

Ingredients

For the Dough:

100g Milk (at room temperature)
20g Fresh Yeast or 10g Dried Fast Action Yeast (one sachet)
250g Strong White Bread Flour, plus extra for dusting
4g Salt
35g Golden Caster Sugar
35g Unsalted Butter (at room temperature)
1 Medium Egg

For the Filling:

50g Dark Chocolate
50g Unsalted Butter (softened)
40g Golden Caster Sugar
Zest of 2 Oranges (finely grated)

For the Icing:

Juice and Pulp of 1 Orange
300g Icing Sugar, plus extra as needed (see method)

To Finish:

50g Pumpkin Seeds
Pinch of Salt
50g Cacao Nibs
50g Pearled Sugar

Method

Making the Dough

1. In a large mixing bowl weigh your milk (making sure it's at room temperature, warm it gently if straight from the fridge) and whisk in the yeast to dissolve.
2. Reset the scales to 0 and weigh in the flour, salt and sugar. Dot small pieces of the butter over the top then crack in the egg. Mix everything together with your dough scraper.

For more recipes and tips visit
www.bakewithjack.co.uk

3. Tip the dough out onto a clean surface and knead well for 8 minutes - don't add any extra flour at this point, even if it seems very sticky. Just keep scraping up the dough as you knead and it will come together.
4. Shape the dough into a ball and place it back in your mixing bowl. Cover with a clean cloth and leave to rest at room temperature for 90 minutes - 2 hours (the enriched dough needs a long proving time).

Making the Filling

1. Chop the chocolate into small, rubbly pieces. Set aside.
2. In a small bowl, cream together the soft butter, sugar and orange zest, beating with a spatula or wooden spoon until smooth. Set aside.

Filling and Shaping

1. Line 2 large baking trays with baking parchment. Lightly dust the work surface with flour.
2. When the dough has risen nicely, turn it out and lightly dust the top of the dough with a bit more flour. Flatten out the dough slightly with your fingers then use a rolling pin to roll out to a rough 35cm square.
3. Spread the soft orange butter all over the dough, right up to the edges. Sprinkle over the chopped chocolate, again going right up to the edges and pressing down gently to stick in place.
4. Fold the dough in half from the top edge and roll gently over the dough again with your rolling pin to flatten slightly and stick the halves together.
5. Cut the dough vertically into 3 wide strips (a pizza wheel can be quite handy for this, otherwise use a sharp knife). Then cut each piece into 5 thinner strips so you have 15 in total.
6. To make a knot, hold one strip at each end and twist in opposite directions, stretching slightly as you do, to create a long spiral. Wrap one end round the other in a circle 2 times so you have a round shape and a long tail. Take the tail end and pass in underneath the round and over the top, tucking in the ends underneath to seal.
7. Place on one of your lined trays and repeat with the remaining 14 strips, spacing the buns apart to give them room to expand.

Final Proof

1. Cover the trays loosely with clingfilm and allow to prove for 1-2 hours, until risen and feeling soft and delicate to the touch.
2. Preheat your oven to 190°C/Fan 170°C/Gas Mark 5.

Baking

1. Bake for 8-12 minutes until golden. Check underneath to see if the bases are fully golden - if still pale, return to the oven for another minute and check again. Transfer to a wire rack to cool.

Finishing

For more recipes and tips visit

www.bakewithjack.co.uk

1. Place a bowl on your weighing scales and squeeze in the juice and pulp from the orange. Whatever this weighs, add 4x that in icing sugar. Mix together to make a thin, smooth icing and set aside.
2. Toast the pumpkin seeds in a dry frying pan over a medium heat. As they start to pop, add a pinch of salt and a little water sprinkled from your fingers so that it sizzles and helps the salt dissolve and stick to the seeds (be careful not to add too much or the seeds will end up chewy). Fry just until the seeds are lightly golden and popped then set aside to cool.
3. Once cool, mix together with the cacao nibs and pearly sugar in a shallow dish.
4. Dip the top of a cooled bun into the orange icing, lifting it out gently and allowing the excess icing to drip off. Next dip into the topping mixture so that the seeds, cacao nibs and sugar stick to the icing. Turn back the right way up and return to the wire rack.
5. Repeat with all the buns and leave to set.

Tips from me...

I LOVE this salty, sweet, bitter, crunchy, zesty topping of fresh orange icing and toasted seeds, cacao nibs and sugar, but you can, of course, change these or leave off if you prefer - the buns with their orange and chocolate filling will still be delicious.

Twisting the knot shapes can seem a bit tricky so experiment with your own twists and shapes - they don't have to be exactly the same as mine, but if you can keep all 15 consistent they'll make a really nice batch.

I find weighing out liquids in grams WAY more accurate than measuring in volume. To do it, just place an empty jug onto your scales, make sure it is set to zero, and pour in the amount you need.

Dough scrapers are my go-to most useful piece of bread making kit. I use them for mixing the dough, cutting it, scraping out bowls, cleaning the table, LITERALLY everything. If you don't have one yet you can get yours at bakewithjack.co.uk/shop