



Fluffy Maple Fruit Filled Buns

Super soft and tender fruit filled sweet breakfast buns

Tangzhong

1/2 cup (60g) all-purpose flour

1 cup unsweetened almond milk

Dough

3 1/2 cups plus 3 Tablespoons (444g) all-purpose flour

1 (0.25oz) package (7g) or 2 1/4 teaspoons Platinum Yeast

1/2 cup currants or fine chopped raisins

1/2 cup lukewarm unsweetened almond milk (105°F)

1 large egg (room temperature)

3 Tablespoons pure maple syrup

1 teaspoon fine sea salt

4 Tablespoons unsalted butter (softened, not melted)

8 to 10 Tablespoons orange fig spread or favorite thick fruit filling

Egg wash: 1 egg plus 1 Tablespoon water (whisked together)

Maple Syrup Glaze: 1 Tablespoon maple syrup

1 Tablespoon melted unsalted butter

Make the Tangzhong: In a saucepan, add the flour, then while whisking, add almond milk. Whisk constantly over medium-low heat until the mixture thickens into a smooth paste, about 4 minutes. Transfer the mixture to a stand mixer bowl and allow to cool to room temperature.

Make the Dough:

- In a mixing bowl, add the 3-1/2 cups flour, Platinum Yeast, and currants. Stir to combine.' Set aside.
- Add lukewarm milk, egg, stir, add to warm Tangzhong. Mix in maple syrup and salt; then add the flour-yeast mixture. Mix on medium-low speed with the dough hook until the mixture just comes together; then add the butter, a small piece at a time, until incorporated. Raise the mixer speed to medium to medium high.
- The mixture will be very soft, and shaggy at first, sticking to the bottom and sides of the bowl. Continue mixing until the mixture pulls away from the sides of the bowl and is smooth and shiny, about 10-15 minutes. (If dough doesn't come together, add three tablespoons all-purpose flour until it cleans the sides of the bowl.)
- Transfer the dough to an oiled bowl; turn the dough over to coat the dough in oil.

First rise: Cover the bowl with plastic wrap and allow to rise at room temperature until the dough almost doubles in size, about 1 hour.

If necessary, place the dough in the refrigerator to firm up for shaping, about 1/2 hour (I didn't have to do this.)

Shape the rolls:

- Punch down dough and turn out onto lightly floured surface. Divide dough into 16 equal pieces, weigh them on the kitchen scale; form each into a ball shape.
- Flatten, scoop about 1/2 to 3/4 tablespoon fig spread in the center. Pull edges of flattened dough over the filling to cover it; twist edges of flattened dough over filling to cover it; twist the ends together to seal dough. Using "claw" method, roll into a tight ball.
- Place on parchment lined sheet pan; seam side down; placing about 8 rolls per pan; cover loosely with plastic wrap.

Second rise: Allow buns to rise in a warm area for 45-55 minutes or until about doubled in size and pass the ripe test (an indent remains after lightly touching dough with fingertip).

Preheat oven to 350°F.

Bake rolls: Brush rolls with egg wash; bake until golden brown and the internal temperature reads 190°F, about 22-25 minutes.

In a small bowl, combine maple syrup and melted butter. After removing from oven, brush over hot rolls to glaze. Yield: 16 Maple Buns

Cook's Note: You can use other thick fruit fillings. If you want to prepare the dough ahead and chill it, see Red Star's original recipe.

Recipe Inspired by Gesine Bullock-Prado. For the original recipe See: [Milk Bread Honey Buns - Red Star® Yeast \(redstaryeast.com\)](http://redstaryeast.com)

About the Recipe: Maple syrup buns, dotted with soft, sweet currants and filled with a delightful orange fig spread filling, are perfect for breakfast, brunch, or a snack. The Tangzhong makes these buns super light, fluffy and tender. The recipe is easy to make, and it is such fun to watch them puff up in the oven.