

Orange and Nutmeg Morning Buns

Dough:

2 C. All-purpose flour
2 tsp. yeast
1 tsp. salt
6T cane sugar
1 ½ sticks butter (12 oz.)
⅝ C. Whole milk

Filling:

½ cup cane sugar
Zest of one orange
¼ tsp. ground nutmeg
¼ tsp salt

Icing:

Juice of ½ orange
Powdered sugar

Mix together the dry ingredients in a large bowl. Slice butter into ⅛ inch slices, then quickly mix the slices it into the flour mixture, making sure each slice of butter is coated. Add the milk and mix together quickly with a wooden spoon, until a stiff and shaggy dough ball is formed. Don't over knead, there should be big hunks of butter in the dough. Refrigerate for at least one hour, but dough can be made ahead the night before, too!

Zest the orange, and mix with sugar, nutmeg and salt. On a flour dusted surface, roll out the cold dough into square, then put the sugar mixture over it. Carefully roll it up and place it into well buttered muffin tins or baking sheet. Top with egg wash and a sprinkle of sugar before baking. Bake in 375° oven for about 20 minutes, or until golden brown.

Mix orange juice and some powdered sugar to create an icing, and drizzle over the warm buns before serving. Enjoy!

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