



JERNEJ KITCHEN

APRICOT SWIRL BUNS WITH CANDIED FRUITS

Easy to make, extremely delicious and they smell fantastic as well.

MAKES 10 SWIRL BUNS
PREPARATION: 120 MINUTES

BUNS DOUGH

300 g all-purpose flour

3 g active dry yeast

200 ml water

5 g salt

APRICOT FILLING

3 tbsp apricot marmalade (or jam)

50 g butter, softened at room temperature

70 g marzipan

ground cloves, ground cinnamon, nutmeg

2 tbsp icing sugar

30 g candied fruits

2 eggs

TOOLS AND EQUIPEMENT

large bowl

kitchen knife

large baking tray

kitchen brush

Sponsored

MAKE THE DOUGH

Prepare the dough. In a large bowl mix together all purpose flour, active dry yeast and water. Set aside and leave to rest for about 10 minutes. Knead into a dough, add the salt and shape. Cover with a kitchen towel and let proof at room temperature for about 40 - 50 minutes or until doubled in size.

TIP

[You can also use a stand mixer for this process.](#)

ROLL OUT THE DOUGH

When the dough has risen, punch it down in the bowl. Roll into a rectangle about 3mm thick. Spread the apricot marmalade all over it

PREPARE THE FILLING

In a bowl mix together softened butter, marzipan, $\frac{1}{4}$ teaspoon ground cloves, $\frac{1}{4}$ teaspoon ground cinnamon and $\frac{1}{4}$ teaspoon freshly ground nutmeg, icing sugar and candied fruit. Mix using an electric mixer. Add one egg and mix. Spread the mixture over the apricot marmalade.

PROOFING

Preheat the oven to 220 °C / 430 °F. Fold in half to create a sandwich of the filling. Lightly dust the working area and cut out 5cm thick slices. Twist each strip to expose the filling slightly and then tie into a rough knot. Place each swirl bun onto a baking tray lined with parchment paper. Cover with a kitchen towel or cling film and allow to rise for about 30 minutes at room temperature. Brush with a beaten egg and sprinkle with pearl sugar (optional).

BAKE

Place the buns in the oven and bake for 5 minutes at 220 °C / 430 °F, then lower the heat to 190 °C / 375 °F and bake for 15

minutes or until golden brown. Let cool on a wire rack or eat one still warm. Enjoy.