



# Graham's Bakery

## Cinnamon Buns Ingredients

The ingredients are listed in 3 categories, in the best column are the ingredients that will give the best results, good are reasonable replacements and the acceptable variants should only be used if the others are not available or you're being creative!

Ingredients	Best	Good	Acceptable
<b>Bread Flour</b>	<b>Extra Strong White flour</b>	Strong white flour	Stoneground Extra strong, Any bread flour
<b>Fat</b>	<b>White Shortening, TREX, COOKEEN (block), Lard, Dripping Butter</b>	Coconut oil, Goose Grease,	Rapeseed, Sunflower, Corn, Vegetable oil.
<b>Salt</b>	<b>Table salt,</b>	Rock salt, sea salt, Low sodium salt,	Rock salt, sea salt, Low sodium salt,
<b>Sugar</b>	<b>Caster / Granulated /</b>	<b>Honey / Glucose / Fructose /</b> Corn syrup, Golden syrup, Molasses / Blacktreacle, Malt extract,	Any form of Sugar (NOT Sweeteners)
<b>Milk Powder (optional)</b>	<b>Full Cream milk powder</b>	Skimmed milk powder	No milk powder Scalded (UHT) milk to replace water
<b>Yeast</b>	<b>Fresh (also called Baker's / Compressed)</b>	Dried Yeast	Easy bake / Easy blend / fast acting / quick Yeasts
<b>Water (COLD)</b>	<b>Tap water if safe to drink</b>	Any unadulterated bottled water	-----
<b>Cinnamon</b>	powdered		
<b>Spreading fat</b>	Baking Margarine	Butter	Any Fat