



# Graham's Bakery Belgian 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><br>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<br>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>Dried Fruit</b>            | <b>Currants</b> (traditionally)   | Any dried fruit<br><br>(mixed fruit, currants, sultanans, raisins etc. Choc Chips! Whatever you fancy)  | Choc chips / any bake stable product.                 |
| <b>Cinnamon</b>               | powdered  |   |   |
| <b>Spreading fat</b>          | Baking Margarine  | Butter  | Any Fat   |
| <b>Icing</b>                  | Bakers Fondant (liquid)<br><br>Icing Sugar + water<br><br>Slack Royal Icing | Chocolate spread<br><br>Molten Chocolate  |   |
| <b>Cherries</b>               | Glace Cherries  | Fresh cherries  | Any thing you like                                    |