



La Merveilleuse Buns

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

YIELD : 8 to 12 BUNS

(depending on the mould used)

PREPARATION: 15 MINUTES

TOTAL TIME: 1 H 10

COOKING: 45 MINUTES

Requires a bun pan or a 12-muffin pan

INGREDIENTS

- 30 ml (2 tbsp) [chia](#)
- 385 g (2 3/4 cups) all-purpose flour "[La Merveilleuse](#)"
- 5 ml (1 tsp) instant yeast
- 3.5 ml (3/4 tsp) salt
- 385 g (1 2/3 cups) water at 45 °C (113 °F)
- 1 large egg (55 g)
- 30 ml (2 tbsp) light olive oil
- 30 ml (2 tbsp) maple syrup or honey
- Oil, for pan

PREPARATION

1. Finely grind the chia in a coffee grinder.
2. In a large bowl, combine chia, flour, yeast and salt. Then add the water, egg, oil and maple syrup (or honey).
3. Stir the mixture, either with an electric mixer or a stand mixer with the flat paddle, at medium speed, about 2 minutes.
4. Cover the bowl with a damp cloth and let stand for 45 to 60 minutes at room temperature, until the dough has doubled in volume and cracks slightly on top. After this rest time, stir the dough well with a wooden spoon.
5. Oil the mould and cut a piece of parchment paper to cover the bottom and oil that as well. Place the dough in the moulds and spread it with a spatula.
6. Place in the oven on the center rack, with the light on, and let rise for 25 to 30 minutes or until a slight touch of the finger on the dough no longer bounces to the touch.
7. Without removing the buns, turn on the oven at 180°C (350°F).
8. Bake for about 40 to 45 minutes, until golden brown.
9. Unmould and let cool on a wire rack.
10. When ready to serve, if you want hot buns, simply reheat them in the preheated oven at 350°F (180°C). So that the crust does not harden too much, simply wrap the buns in aluminum foil (if you want to avoid the contact of aluminum, surround them first with parchment paper and then aluminum). When they are hot, remove them from the oven and let them cool for a few minutes on a rack... then serve!



Hot buns...nothing better to accompany your meals! They are also ideal for making stuffed buns.

TIP

* For the roll pan, we suggest [Ricardo's 8-roll non-stick mould](#), or you can use a 12-muffin pan.

