



# CURRY AND CHIA ONION BUNS

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“I found a beautiful crisscrossed Euro onion bun at a bakery. I loved its yellow color and the charm of the crisscrossed slashes on top. It became my mission to replicate it. I studied saffron bread baking and wondered if curry would also create a yellow bun. I tried a combination of curry and carrot juice. Perfection! I love the flavor and texture. They can be eaten as a roll or used as a bun for sandwiches.”

## INGREDIENTS

1 cup (4 1/4 ounces) King Arthur® White Whole Wheat Flour  
 1 package (1/4 ounce) RED STAR® Platinum Superior Baking Yeast®  
 1/4 cup (2 ounces) water  
 1/2 cup (4 ounces) carrot juice  
 1/4 cup (2 ounces) agave nectar  
 2 tablespoons (1 ounce) salted butter  
 1/4 cup (2 ounces) coconut oil  
 3 large eggs  
 1 teaspoon sea salt  
 1 teaspoon curry powder  
 1/2 teaspoon onion powder  
 1 1/2 teaspoons dried minced onion  
 2 tablespoons (1/2 ounce) chia seed  
 2 1/2 - 2 3/4 cups (12 - 13 1/2 ounces) King Arthur® Unbleached Bread Flour  
 1 large egg plus 1 tablespoon water, for the egg wash

### **GARLIC CHIVE BUTTER** (optional)

1 clove fresh garlic, grated  
 1/4 cup (2 ounces) salted butter  
 2 tablespoons (1/4 ounce) minced fresh chives

## DIRECTIONS

1. In the bowl of a stand mixer fitted with dough hook, mix the white whole wheat flour and yeast.
2. In microwave-safe bowl, heat water, carrot juice, agave nectar, butter, and coconut oil to very warm, 120°F - 130°F. Pour into mixer bowl and beat on low speed. Let rest 5 minutes.
3. Blend in eggs, salt, curry powder, onion powder, onion, and chia seed. Gradually add enough bread flour to form a soft dough. Knead on medium speed 5 minutes. Transfer dough to a large greased bowl, cover with plastic wrap and let rise until doubled, about 1 hour.
4. Line 2 cookie sheets with parchment. Deflate dough, divide into 12 equal pieces and shape into smooth balls; flatten to 3" wide. Place 6 buns on each cookie sheet at least 2" apart. With kitchen shears, make 4 (1/2" deep) cuts on the top, pointing towards the center. Cover with plastic wrap; let rise 30 - 40 minutes. Near the end of the rise, preheat oven to 375°F.
5. Brush buns with egg wash. Bake 20 - 25 minutes, until golden brown. When baking with multiple pans in oven, rotate pans halfway through baking time. If needed, cover loosely with aluminum foil to prevent buns from over-browning. Remove buns from oven and cool on a rack.
6. If desired, combine Garlic Chive Butter ingredients in microwave-safe bowl and heat until butter has melted. Brush Garlic Chive Butter on warm buns and serve remaining with buns.

Yield: 12 buns.

**NUTRITION INFORMATION PER SERVING (1 BUN, 88g):** 260 calories, 9g fat, 3g fiber, 6g saturated fat, 0g trans fat, 36g carbohydrates, 65mg cholesterol, 240mg sodium, 8g protein, 1mg vitamin C, 2mg iron, 30mg calcium.