



Tahini Buns

Hands on

30 minutes'

Hands off

10-12

Portion(s)

1

Difficulty



Method

We'd like to thank Andrie Nikolaou for sharing her great idea for this tahini recipe with us!

- Preheat oven to 170* C (338* F) Fan.
- Add all of the ingredients for the dough into the mixer's bowl. Beat with the hook attachment.
- When all of the ingredients become completely incorporated, set the dough aside to rise for about ½ an hour.
- Combine all of the ingredients for the filling in a bowl.
- Turn dough out onto a lightly floured working surface. Roll out into long, thin strips. Spread filling over dough. Cover filling with dough turning it into a long, thin filled strip.
- Take hold of both ends of the strip, turning them inwards, each in the opposite direction, until you form an S shape.
- Then, fold the S shape in half, placing the top part (roll) over the bottom part. Press down on them gently so they can stick together. You can make it any size you like.
- Transfer to a [baking pan](#) lined with parchment paper.
- Bake for ½ an hour.
- When ready, remove from oven and brush with syrup.

Ingredients

For the dough

- 300 g hard flour
- 200 g all-purpose flour
- 40 g granulated sugar
- 9 g yeast
- 1/2 teaspoon(s) salt
- 1/2 teaspoon(s) mastic
- 1/2 teaspoon(s) mahlab
- 1/2 teaspoon(s) cinnamon
- 350 g water, lukewarm

For the filling

- 250 g tahini
- 50 g granulated sugar
- 1 teaspoon(s) cinnamon, powder

For the syrup

- 240 g water
- 200 g granulated sugar
- 1 stick(s) cinnamon
- lemon juice, of 1/2 lemon

Διατροφικός πίνακας

Nutrition information per 100 gr.

273 Calories (kcal)	9.8 Total Fat (g)	1.5 Saturated Fat (g)	38.5 Total Carbs (g)
14%	14%	7%	15%
18.7 Sugars (g)	6.4 Protein (g)	2.4 Fibre (g)	0.17 Sodium (g)
21%	13%	9%	3%