

Traditional Moravian Love Feast Buns

Recipe makes about 30 2-ounce buns

2 packages yeast (about 5 t.)

¼ C. warm water (105-115 degrees)

1 t. sugar

¾ - 1 C. white sugar (traditional recipes call for larger amount, but ¾ C. still sweet)

½ C. unsalted butter, softened (can substitute up to half with vegetable oil)

1 C. warm mashed potatoes (dry-ish, unseasoned)

½ C. warm milk

1 ½ t. salt

2 eggs, room temperature and lightly beaten

5-7 C. unbleached white or bread flour (amount varies according to liquid content of potatoes)

Flavorings (optional, but rolls are better with at least rind)

2 T. orange rind or lemon rind

2 T. orange juice or 1 T. fresh lemon juice

Or, if you can find it, 1/8 t. to ¼ t. Fiori di Sicilia flavoring, combination of vanilla and citrus extracts]

Dissolve yeast in ¼ C. warm water (105-115 degrees) with 1 t. sugar (can be subtracted from the ¾ - 1 C. of sugar total). Allow yeast to proof.

Cream remaining sugar with butter. Add potatoes, milk, and salt, and mix well. Check to make sure temperature is 115 degrees or below, then add eggs.

Add the dissolved yeast mixture to butter/sugar/etc. mixture. Then stir in whatever flavorings you are adding (rind, juice, vanilla/citrus extracts).

Stir the first few cups of flour into the liquid mixture with a wooden spoon or mixer with dough hook. Mix well and continue to add flour as needed, until soft dough is formed. After about 4 C. it can become necessary to add flour by kneading it into the dough. It will be sticky. Add flour sparingly, since too much flour makes rolls heavy and dry. To avoid excess flour, oil hands lightly with canola or other food oil to knead the bread.

Knead dough for about 10 minutes, or until it forms a smooth ball. Place in a greased bowl, cover with a cloth, and let rise in a warm place until double in size, 1-2 hours.

Punch down dough and let it rest 5-10 minutes. Flouring hands, divide the dough into 2-ounce balls** and place several inches apart on greased cookie sheets. Slash the tops with a knife to release air.

Cover and let rise again until double in size. Bake in a preheated oven at 350 degrees, 15- 20 minutes. Cool before eating. (Extras can be frozen and later thawed in same plastic bag.)

** No kitchen scales? No problem! Just make sure buns are uniform size and aim for 20-30 buns.

Vegan Moravian Love Feast Buns

Recipe makes about 30 2-ounce buns

2 packages yeast (about 5 t.)

¼ C. warm water (105-115 degrees)

1 t. sugar

¾ - 1 C. white sugar (traditional recipes call for larger amount, but ¾ C. still sweet)

½ C. vegan shortening or spread, softened (can substitute up to half with vegetable oil)

1 C. warm mashed potatoes (dry-ish, unseasoned)

½ C. warm water

1 ½ t. salt

6 T. liquid from canned chickpeas

5-7 C. unbleached white or bread flour (amount varies according to liquid content of potatoes)

Flavorings (optional, but rolls are better with at least rind)

2 T. orange rind or lemon rind

2 T. orange juice or 1 T. fresh lemon juice

Or, if you can find it, 1/8 t. to ¼ t. Fiori di Sicilia flavoring, combination of vanilla and citrus extracts]

Dissolve yeast in ¼ C. warm water (105-115 degrees) with 1 t. sugar (can be subtracted from the ¾ - 1 C. of sugar total). Allow yeast to proof.

Cream remaining sugar with vegan shortening/oil. Add potatoes, ½ C. warm water, and salt, and mix well. Add chickpea liquid.

Add the dissolved yeast mixture to shortening/sugar/etc. mixture. Then stir in whatever flavorings you are adding (rind, juice, vanilla/citrus extracts).

Stir the first few cups of flour into the liquid mixture with a wooden spoon or mixer with dough hook. Mix well and continue to add flour as needed, until soft dough is formed. After about 4 C. it can become necessary to add flour by kneading it into the dough. It will be sticky. Add flour sparingly, since too much flour makes rolls heavy and dry. To avoid excess flour, oil hands lightly with canola or other food oil to knead the bread.

Knead dough for about 10 minutes, or until it forms a smooth ball. Place in a greased bowl, cover with a cloth, and let rise in a warm place until double in size, 1-2 hours.

Punch down dough and let it rest 5-10 minutes. Flouring hands, divide the dough into 2-ounce balls** and place several inches apart on greased cookie sheets. Slash the tops with a knife to release air.

Cover and let rise again until double in size. Bake in a preheated oven at 350 degrees, 15- 20 minutes. Cool before eating. (Extras can be frozen.)

** No kitchen scales? No problem! Just make sure buns are uniform size and aim for 20-30 buns.