

Sweet Traditions

Sticky Fingers



Est 2003

INSTRUCTIONS

FOR THE:

REGULAR BUNS

Thank-you for purchasing your Sticky Fingers' Sweet Buns Kits!

WATCH MY HOW-TO-VIDEO ON OUR WEBSITE... SOUPSUPSARNIA.COM

****Refrigerate ALL kit ingredients until use** **Difficulty Level:** Medium **Yields:** 12 large buns

Time Needed: Approximately 3 hours (Making: 15-30 minutes, Rising: 1 hour, Baking: 1 hour, Cooling: 30 minutes, Icing: 5 minutes)

Included in kit (everything made from scratch): Fresh sweet dough, fresh whipped-filling, fresh icing, parchment paper (for easy clean-up, non stick)

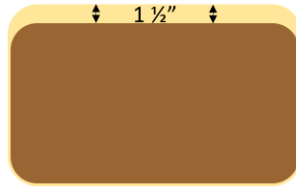
Tools needed: 9x13 baking pan, rolling pin (or a strong cylinder-like object), spoon, butter knife, bread knife, plastic food wrap, scissors, oven mitts, tape measure (optional)

Instructions...

1. Grab your 9"x13" pan. Take the parchment paper provided, square it on your pan and press down.
>> "Optional" Pro-tip: Cut the parchment with 3" in-length angles on the corners so it can sit better in your pan.

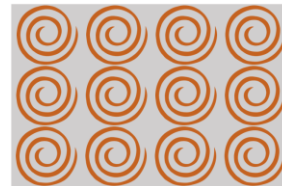
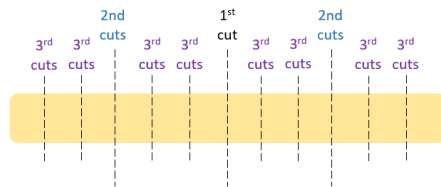


2. Take your fresh sweet dough out of the bag. Press down on a clean surface (no flour needed) in the shape of a rectangle with your hands. Press down as evenly as possible, this way it is easier to roll out as a rectangle.
>> "Optional" Pro-tip: The more you work with your hands making into a rectangle as evenly as possible, the less you need to work with the rolling pin.
3. Start rolling out your dough with a rolling pin (or cylinder) trying to keep it in a rectangle shape as best as possible and as evenly as possible. For best results, roll it out to a 24"x20" rectangle.
4. Spread your whipped-filling evenly on your dough with your soup spoon, STAY 1 ½" AWAY from the top edge of the dough in order to pinch closed at the end.

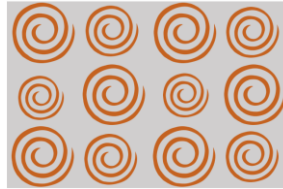


>> “Optional” Pro-tip: This is where you can add any extra filling options from your pantry, ie. raisins or nuts.

5. Fold up, across the entire base and then keep rolling little by little across the entire length of dough.
6. Once you are almost at the top, pull dough up and pinch closed as tight as possible.
7. Bring the tub up closer to you and then cut in half (now you have 2 sections), then cut each half in half again (now you have 4 sections), then cut each section into 3 sections (now you have 12 sections). Place rolls in your 9"x13" pan. 3 rows of 4.



>> “Optional” Pro-tip: if your rolls are different sizes, that's okay! But, make sure that you scatter big ones with small size ones so they rise more evenly.



8. Wrap buns with the food wrap to prevent them from drying out and place on kitchen counter for 1 hour to rise.
9. Then preheat your oven at 300-degrees F (275-degree F convection).
10. Place your buns in the oven and bake for 1 hour.
11. Take out of oven to cool for 30-45 minutes.
12. Ice your Sweet Rolls (if you purchased glaze, gently stir if it has separated) by spreading the icing evenly with a butter knife. Enjoy!

>> “Optional” Pro-tip: wait the full 30 minutes or longer (as hard as it can be). If you do it too soon, the icing will all melt/disappear into the hot buns AND if you move them too soon the buns in the centre will collapse when they are extremely hot.

“Optional” Pro-tip: Best eaten when warmed. If they cooled completely, place 1 roll on microwavable plate and warm for 20-30 seconds. Refrigerate any uneaten buns in an air-tight container for up to 4 days. Warm as desired.

“Optional” Pro-tip: Freeze for up to 2 months. Unthaw in the fridge overnight to help preserve your icing, then warm in microwave to desired temperature (approx. 30 seconds).

😊 LET US KNOW HOW THEY TURNED OUT!!

Post a picture on Instagram or Facebook. Tag us with @soupsupsarnia!