

Sweet Traditions

Sticky Fingers



Est 2003

INSTRUCTIONS

FOR THE:

MONKEY BREAD

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

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

****Refrigerate ALL kit ingredients until use** **Difficulty Level:** Easy **Yields:** 12 portions

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, pizza cutter, 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 the whipped-filling all over your dough and spread evenly with your soup spoon.
"Optional" Pro-tip: This is where you can add any extra filling options from your pantry, ie. raisins or nuts.

5. Take your pizza cutter and make wild, random cuts ALL over your dough. HAVE FUN!!! Up, down, to the left, to the right, diagonally (this might make a good dance too). Big pieces, little pieces, it doesn't matter as long as you're having FUN!!
6. Once you are happy with all your cuts, bring all the pieces into a pile and toss around so that all the edges and bottoms get covered in that whipped filling goodness.
7. Then place all the bits and pieces into your lined 9"x13" pan. Level out as best as possible like a cake.
8. Wrap it 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. Gently, place your Monkey Bread in the oven and bake for 1 hour.
11. Take out of oven to cool for 30-45 minutes.
12. Ice your Monkey Bread (if you purchased glaze, gently stir if it has separated) by spreading the icing evenly with a butter knife, cut into 12 squares (or desired size) and enjoy!
>> "Optional" Pro-tip: wait the full 30 minutes or longer (as hard as it can be). If you ice it too soon, the icing will all melt/disappear into the Monkey Bread AND if you move them too soon the centre will collapse when it's extremely hot.

"Optional" Pro-tip: Best eaten when warmed. If it has cooled completely, place 1 portion on microwavable plate and warm for 10-20 seconds. Refrigerate any uneaten portions 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. 20-30 seconds).

😊 LET US KNOW HOW THEY TURNED OUT!!

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