

# STICKY GOLDEN SYRUP & CHOCOLATE BUNS



## INGREDIENTS

- 1 ½ cup warm milk
- 3 tsp instant dried yeast (or equivalent )
- 1 tbs caster sugar
- 4 cups plain flour
- ½ tsp salt
- 1 egg (lightly whisked)
- 80g butter
- ⅓ cup brown sugar
- ½ cup golden syrup

**Optional** : 100g dark chocolate (coarsely chopped) or choc bits

## PREPARATION

Measure out all the ingredients ready to go.

## METHOD

1. In a small bowl combine the milk, yeast and caster sugar.
2. Allow to sit for about 5 minutes or until it becomes frothy.
3. Sift the flour and salt into a large bowl, or the bowl of an electric mixer with a dough hook.
4. Make a well in the centre and add the egg and milk mixture, then stir until well combined.
5. Cover the dough with plastic wrap and allow to stand in a warm place until it doubles in size, about 45 minutes.
6. When the dough has almost risen, melt the butter and use some of it to grease a 22cm round cake tin then line it with baking paper on the sides and bottom.
7. Preheat the oven to 200°C.
8. Knead the dough by hand on a floured surface or machine until it is smooth and elastic, for about 5 minutes.
9. On a floured surface roll the dough out to a rectangle about 30 x 40cm.
10. Brush the dough with ⅓ of the butter then sprinkle with ⅓ of the sugar and ⅓ of the chocolate.
11. Fold the short side of the rectangle by ⅓ then fold the other side over the top to enclose.
12. Roll the dough out to a 30 x 40cm rectangle again.

PREPARATION TIME: 1HR 30 MINS

COOKING TIME: 30 MINS

SERVES: 8

13. Again, brush the dough with ⅓ of the butter then sprinkle with ⅓ of the sugar and ⅓ of the chocolate. Fold and roll again.
14. Brush the dough with the last of the butter then sprinkle with the rest of the sugar and chocolate.
15. Drizzle half of the golden syrup over the top.
16. Roll up the dough from the long side, so that you have a long log.
17. Cut the log into 8 even pieces and place the pieces cut side up in the prepared tin.
18. Cover the tin with plastic wrap and set aside in a warm place to rise for 15 minutes.
19. Drizzle the top with the rest of the golden syrup.
20. Bake in the oven for 5 minutes then reduce the heat to 180°C and bake for another 25 minutes until golden and cooked through.

## STORAGE, REHEATING & LEFTOVERS

This bun is best eaten on the day it is made, but can be kept whole in an airtight container until the next day.

## NOTE

Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.

*For recipe source, please click [here](#)*