



Sticky Buns

Recipe by Grace Stevens

Serves: 4

Cooking: 2hrs 15min

Difficulty: Medium

Ingredients :

- 3 cups of flour
- 7,5ml salt
- 60ml Selati castor snow
- 100g butter (room temperature)
- 15g fresh yeast
- 220ml tepid milk
- 2 egg yolks
- 100g chopped Turkish apricots
- 50g sultanas
- Apricot jam to glaze

For the glaze:

- ½ cup Selati icing snow
- 15ml milk

Methods :

- Place flour, salt, sugar and butter and fruit into a large mixing bowl.
- Dissolve yeast in milk and add egg yolks
- Combine wet ingredients with dry ingredients and mix to a soft dough.
- Turn out onto a floured surface and knead until gluten is stretchy (about 5 minutes)
- Place in a large clean bowl and allow to double in size (about 45 to 60 mins)
- Divide dough into 16 equal parts and form into balls.
- Place on a baking sheet leaving some space for rising.
- Cover with a cloth and allow to prove until doubled in size (about 45 to 60 mins)
- Brush with beaten egg before baking in a preheated oven (200°C) for 12 to 15 mins until golden brown.

- Remove from the oven and brush immediately with apricot jam.
- Allow to cool and mix icing sugar and 15ml milk to form a paste. Drizzle onto buns before serving.