

S O U R D O U G H

H O N E Y B U T T E R R O L L S

Ingredients:

- 3 Cups Flour
- ½ Cup Sourdough Starter (can be unfed)
- 4 Tablespoons butter melted
- 7/8 Cup milk
- 1 ½ Teaspoon salt
- ¼ Cup Honey

Next Day Ingredient:

4 Tablespoons melted butter

Directions:

The Night Before

1. Mix up the sourdough bun ingredients together by hand or a mixer using the dough hook. (my old kitchen aid is my best friend) Knead the dough in the bowl until smooth and soft. It may be sticky, don't worry. Just cover and let the bowl rest overnight at room temperature.

The Next Morning

1. Turn on your oven to Preheat at 375 degrees F and melt the 4 tablespoons butter directly into a cast iron pan. Remove promptly and move to your workstation where you'll shape the buns. Keep the oven on. If you do not have a cast iron pan, melt on the stove top. When melted pour directly into the pan you will be baking in. Preferably a pan with at least 1 inch lip in a circle shape. This helps the buns rise up and not out.
2. Lightly flour your work surface and turn out your dough. Using a bench scraper, cut into 16 equal (ish) portions. Shape each portion into a bun using the method taught in the [video link](#) online (The pinch & pull method)
3. Place the bun in the melted butter pan smooth side down, roll around in the butter to cover and end up with the smooth side up. Repeat for remaining rolls.
4. Allow to rise until doubled in size. Time will vary depending on your kitchen temperature. 2-6 hours.
5. Bake the buns in a 375°F oven for approx. 20-25 Minutes.
6. Let cool down for at least 30 minutes and serve.

