

# Sourdough Honey Butter Rolls

EASY INGREDIENTS- WORKS GREAT



## INGREDIENTS

3 Cups Flour  
½ Cup Sourdough Starter (can be unfed)  
4 Tablespoons butter melted  
7/8 Cup milk (preferably raw, could substitute almond/coconut)  
1 ½ Teaspoon salt  
¼ Cup Honey

### Next Day Ingredient:

4 Tablespoons butter melted (directly into your cast iron pan if applicable)

## DIRECTIONS

### The Night Before

--MIX up the sourdough bun ingredients together by hand or a mixer. 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

Turn on your oven to melt the 4 tbsps. Butter directly into a cast iron pan. If you do not have a cast iron pan, melt on the stove top. When melted pour directly onto 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.

Flour your work surface and turn out your dough. Roll into a log and using a bench scraper to cut into 16 equal portions. Shape each portion into a bun using the method taught in the video link on my youtube channel. (The pinch & pull method)

Place the bun in the melted butter pan smooth side down, roll around to cover and end up with the smooth side up. Repeat for remaining rolls. Let rise until puffy.

Bake the buns in a 375°F oven for approx. 20-25 Minutes.

Let cool down for at least 30 minutes and serve.

Notes: I use a cast iron pan that just fits the 16 rolls, this way the rolls puff/rise up instead of out. You can use a square or circle pan with a lip, just make sure it's just a bit bigger than the buns prior to rising. I've also used these to create ham sliders and oh my, watch out addictive!!

Original Recipe from Butter For All, found <https://www.butterforall.com/traditional-cooking-traditional-living/sourdough-honey-buns-perfect-dinner-roll/>



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