

Sticky Golden Syrup and Chocolate Buns



Serves	8
Prep time	1 hour, 30 minutes
Cook time	30 minutes
Total time	2 hours
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Warm
Occasion	Christmas , Easter , Special Occasions
From magazine	Notebook

Ingredients

- 1 1/2 cup warm milk
- 3 teaspoons Lowan's instant dried yeast (or equivalent)
- 1 tablespoon caster sugar
- 4 cups plain flour
- 1/2 teaspoon salt
- 1 egg (lightly whisked)
- 80g butter
- 1/3 cup brown sugar
- 1/2 cup golden syrup

Optional

- 100g dark chocolate or carob buttons (coarsely chopped)

Directions

1. In a small bowl combine the milk, yeast and caster sugar. Allow to sit for about 5 minutes or until it becomes frothy.
2. Sift the flour and salt into a large bowl, or the bowl of an electric mixer with a dough hook. Make a well in the centre and add the egg and milk mixture, then stir until well combined.
3. Cover the dough with plastic wrap and allow to stand in a warm place until it doubles in size, about 45 minutes.
4. When the dough has almost risen, melt the butter and use some of it to grease a 22 cm round cake tin then line it with baking paper on the sides and bottom.
5. Preheat the oven to 200°C.
6. Knead the dough by hand (on a floured surface) or machine until it is smooth and elastic, about 5 minutes.
7. On a floured surface roll the dough out to a rectangle about 30 x 40 cm.
8. Brush the dough with one third of the butter then sprinkle with one third of the sugar and one third of the chocolate. Fold the short side of the rectangle by one third, then fold the other side over the top to enclose. Roll the dough out to a 30 x 40 cm rectangle again.
9. Repeat step 8 with another third of the butter, sugar and chocolate, fold and roll again.
10. Brush the dough with the last of the butter then sprinkle with the rest of the sugar and chocolate. Drizzle half of the golden syrup over the top.
11. Roll up the dough from the long side, so that you have a long log. Cut the log into 8 even pieces and place the pieces cut side up in the prepared tin.
12. Cover the tin with plastic wrap and set aside in a warm place to rise for 15 minutes.
13. Drizzle the top with the rest of the golden syrup.
14. 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.
15. Allow to cool in the tin for 10 minutes before turning onto a wire rack.



16. Serve warm or at room temperature.



Note

Very High / Low Amines, Low Salicylates, Low Glutamates

The dark chocolate version is very high in amines, use carob buttons instead to make this recipe low chemical / FAILSAFE., alternatively leave out the chocolate/carob.

The milk should be warm enough to be able to comfortably stick your finger in it, not hot.

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