

## Morning Buns

<http://userealbutter.com/2015/10/21/morning-buns-recipe/>  
from *Brown Eyed Baker*

### dough

3 cups all-purpose flour  
1 tbsp sugar  
2 1/4 tsps instant (rapid rise) yeast  
3/4 tsp salt  
1 1/2 cups unsalted butter, cut into 1/4-inch slices, chilled  
1 cup sour cream, cold  
1/4 cup orange juice, cold  
3 tsps ice water  
1 egg yolk  
extra butter, softened (for the muffin tins)

### filling

1/2 cup sugar  
1/2 cup light brown sugar  
1 tbsp orange zest, grated  
2 tsps ground cinnamon  
1 tsp vanilla extract

**Make the dough:** Combine the flour, sugar, yeast, and salt in a gallon ziploc bag. Shake to mix. Add the butter to the bag, seal the bag, and shake to coat the butter. Press the air out of the bag and reseal it. Roll over the bag with a rolling pin, shaking the bag after each pass until the butter becomes large flakes. Empty the contents into a large bowl. Stir the sour cream, orange juice, ice water, and egg yolk into the butter-flour mixture until combined. Turn the dough out onto a floured work surface and knead the dough into a smooth, cohesive ball. Roll the dough out into a 20×12-inch rectangle. Starting at the short end, begin rolling the dough into a tight cylinder (like you'd roll a carpet). Pat the cylinder into a 12×4-inch rectangle. Place the dough on a parchment-lined baking sheet and cover with plastic. Freeze for 15 minutes. Meanwhile, generously butter 12 muffin tins.

**Make the filling:** Mix all of the ingredients together.

**Assemble the buns:** Roll the dough into a 20×12-inch rectangle. Sprinkle the filling over the dough, leaving 1/2-inch clean margins along the edges. Lightly press the filling into the dough. Starting from the long end, roll the dough up into a cylinder, pinching the final edge to the roll to seal it. Trim the ends of the roll with a sharp knife, then cut the roll into 12 pieces of equal width. Place each roll, cut-side up, in the muffin tin (you can use muffin papers if you like, but I like how the butter and sugars caramelize in the bottom of the tin). Cover the dough loosely with plastic wrap and place in the refrigerator for at least 4 hours or up to 24 hours.

**Bake the buns:** Preheat the oven to 200°F. Remove the buns from the refrigerator and discard the plastic wrap. Turn the oven off and proof the buns in the oven for 20-30 minutes until they have doubled in size. Remove the buns from the oven and increase the temperature to 425°F. Bake the morning buns for 5 minutes, then reduce the oven temperature to 325°F. Continue to bake until the buns turn a deep golden brown, about 40-50 more minutes. Remove from the oven and let cool for about 5 minutes, then remove the morning buns from the tins (if you let them cool in the tins, they may just stick as the caramel turns hard). Makes 12 buns.