

SKILL LEVEL	PREP TIME	BAKE TIME	SERVINGS
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### IN THE KIT

- Bag 1:** 250g strong bread flour,  
½ tsp salt
- Bag 2:** 13g caster sugar,  
3g yeast
- Bag 3:** 45g plain flour
- Bag 4:** 20g caster sugar,  
½ tbsp ground cinnamon
- Bag 5:** 25g dark brown sugar
- Bag 6:** 15g roasted pecans
- Bag 7:** 75g icing sugar

A3 baking paper  
Butter measure

### YOU WILL NEED

- 150ml lukewarm milk  
95g unsalted butter  
(plus extra for greasing tin)  
200g cooking apple, peeled & cored  
(1-2 apples depending on size)  
2 tbsp + 3 tsp water
- Muffin tin  
Saucepan  
Cling film

### INGREDIENTS

Strong white bread flour (**wheat** flour, statutory nutrients (calcium, niacin, iron, thiamin)), icing sugar (sugar (97%), maize starch), plain white flour (**wheat** flour, statutory nutrients (calcium, niacin, iron, thiamin)), caster sugar, dark brown sugar (sugar, cane molasses), **pecans**, cassia cinnamon, salt (salt, anti-caking agent: sodium ferrocyanide), yeast (yeast, emulsifier (sorbitan monostearate)).

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1563kJ/369kcal
Fat	3.26g
of which saturates	0.21g
Carbohydrates	74.85g
of which sugars	29.61g
Protein	8.60g
Salt	0.77g

Allergens: For allergens see ingredients in **bold**.  
Contains **wheat & nuts**.  
May contain **milk & soya**.

Best before: see sticker. Store in a cool, dry place.

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OR



BakedIn Ltd, Office 112, Slington House, Rankine Road, Basingstoke, Hampshire, RG24 8PH

440g



# APPLE & PECAN BUNS

Michel Roux





**1.** Rub together the flour and salt (bag 1) with 45g of butter in a bowl until you have a fine breadcrumb-like mixture.



**2.** Add 150ml of lukewarm milk, as well as the yeast and sugar (bag 2) to the flour mixture. Mix using a wooden spoon until a dough is formed, then use your hands to bring it together. Dust half of the flour (bag 3) onto a clean worktop, then place the dough onto the floured surface and knead for 5 minutes. Place back into the bowl and cover with cling film, then leave to rise somewhere warm for 60-90 minutes, until it has roughly doubled in size.



**3.** While your dough is rising, peel, core and chop your apples into 1cm chunks. Place into a saucepan along with the caster sugar and cinnamon (bag 4) and 2 tbsp of water. Put the pan on a medium heat and stir occasionally to avoid burning. Cook for around 5 minutes or until the apples just start to soften. Remove from the heat and set aside for later.



**4.** Grease your muffin tin thoroughly with butter. When your dough has risen, remove it from the bowl and place onto the provided baking paper dusted with the remaining flour (bag 3). Roll out the dough into a rectangular shape (25x40cm) around 1cm in thickness.



**5.** Soften the remaining 50g of butter in a bowl and then carefully spread over the rolled out dough. Spoon the apple mixture over the dough, distributing it evenly and to the edges. Scatter the brown sugar (bag 5) over the apple, breaking up any large chunks of sugar with your fingers. Tightly roll the dough up lengthways so it resembles a sausage shape, using the paper to help if necessary.



**6.** Cut the roll into 12 even slices, then place each slice flat into each of the muffin holes. Roughly chop the pecans (bag 6) so they resemble a fine crumble. Sprinkle the chopped pecans onto each bun. Loosely cover the tin with cling film and leave the buns somewhere warm to rise again for around 30 minutes or until the buns expand in the tin.



**7.** Preheat your oven to 180°C/160°C fan/gas mark 4. Bake the buns in the oven for 20-25 minutes or until golden brown.



**8.** While the buns are baking, empty the icing sugar (bag 7) into a bowl and gradually add 3 tsp of water until you have a thick, smooth icing. Leave the buns in the tin for 5 minutes to cool slightly before placing onto a cooling rack. Drizzle the icing all over the buns while they are still hot. The buns are best enjoyed slightly warm.

### MY TOP TIP

When leaving the dough to rise, make sure it is left in a place that is warm enough otherwise it may not double in size.

*Michel Roux*  
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