

Bake at home Cinnamon Bun Instructions

15 hours before Go Time - take the Cinnamon Buns out of the freezer and place them in your fridge, still in the bag to thaw. If you want to dig in at 9am, take them out at 6pm the night before.

The morning of – roughly 3 hours before you would like to enjoy them, take the buns out of the fridge and remove the bag to let them sit in a warm place to Proof. **Graham's Pro Tip** - put 1L of boiling water in a baking dish on the lower rack of your oven, place the buns on the upper rack (out of the bag) directly above the pan of water and close the oven door. The steam will help them rise to the occasion

Once the buns have grown around 1.5 times their size (as pictured below) gently take them out of the oven along with the water dish.



Pre Heat oven to 350 degrees F

Place the Cinnamon buns on a heavy cookie sheet.

(Pro Tip – if you don't have a heavy one, stack two thinner cookie sheets together and put the buns on top. The reason for this is to create some insulation and avoid burning the bottom).

When the oven is at 350 gently slide them in!

Here is the first tricky part... baking time. Each oven is different, so you need to use your judgment. We estimate these buns will take between 20 – 30 minutes in a home oven. You will know they are done when the tops are golden brown (like this...)



Tricky part number two - Once the buns are out of the oven CAREFULLY flip the foil pan upside down onto the baking sheet to let the buns out. Scrape out any extra caramel from the foil pan onto the buns. Be careful as you are dealing with extremely hot caramelized sugar... it is similar in temp to Lava.



Let cool for 15 minutes and enjoy!