



Sticky Buns

A RECIPE BY LAUREN HIGGINBOTHAM

This Thanksgiving classic was one of my favorites growing up. I have many fond memories preparing this with my mother and grandmother in the kitchen on Thanksgiving morning, as we watched the Macy's Thanksgiving Day Parade.

Don't be intimidated by the long list of steps, as this is sure to become a fast favorite amongst your family members!

ingredients

Dough:

- 3/4 cup milk
- 1/4 cup unsalted butter
- 4 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 cup warm water
- 1 package active dry yeast
- 2 large eggs, room temperature
- 4 cups all-purpose unbleached flour

Topping:

- 1 cup firmly packed dark brown sugar
- 1/2 cup unsalted butter
- 1/4 cup dark corn syrup
- 3/4 cup chopped nuts

Filling:

- 3/4 cup chopped nuts
- 1/2 cup firmly packed dark brown sugar
- 1 tablespoon ground cinnamon

enjoy!

directions

- Combine the milk, butter, 3 tablespoons of sugar and salt in a small heavy saucepan, warm to 105-115°F. If overheated, cool.
- In a small bowl, combine the remaining tablespoon of sugar with the warm water.
- Sprinkle to yeast over the surface and let soften for a minute; stir to dissolve and let stand until foamy, about 5 minutes.
- In a large mixer bowl, combine the eggs, milk mixture, yeast mixture and 2 cups of the flour. Beat with an electric mixer for 2 minutes. Work in enough of the remaining flour to make a soft, slightly sticky dough.
- Knead on a lightly floured surface until smooth and elastic, about 10 minutes.
- Place in a lightly oiled bowl, turning the dough once to oil the top; cover with plastic wrap and place in a warm draft-free place until doubled, about 1.5 hours.
- Lightly grease two 9 inch round cake pan, then begin to prepare the topping;
- In a heavy medium saucepan, combine the brown sugar, butter and corn syrup. Place over moderate heat and bring to a boil, stirring frequently to dissolve the sugar.
- Remove from the heat, stir in nuts, and divide between the two cake pans, spreading the mixture evenly.
- When the dough has risen, punch it down, knead briefly and let it rest for 5 minutes. Meanwhile prepare the filling;
- In a small bowl, stir together the pecans, brown sugar and cinnamon.
- On a lightly floured surface, roll out the dough in an 18x15 inch rectangle and sprinkle the filling evenly over the dough.
- Starting with one 18 inch side, tightly roll up jelly-roll style. Cut into 1 inch slices. Place one slice in the center of each prepared pan and 8 around the sides.
- Cover and let rise until almost doubled in size, about 45 minutes.
- Meanwhile, position a rack in the lower half of the oven and preheat to 375°F.
- Bake rolls for 25 to 30 minutes, until golden brown and hollow-sounding when tapped.
- Cool for 5 minutes, then run a knife around the edge and turn out, nut side up, onto plates, spooning any caramel and nuts left in the pan on top of the rolls.
- Cool slightly and serve warm.

enjoy!