

Sticky Buns



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Recipe by: Laura Vitale

Makes 16

Prep Time: 30 minutes

Cook Time: 30 minutes

Ingredients

For the Dough:

- 1 Package of Dry Yeast
- ¾ cup of Whole Milk
- ¼ cup of Granulated Sugar
- ¼ cup of Water, warmed up to 115 degrees
- ¼ tsp of Vanilla Extract
- 1 Egg
- 1 tsp of Salt
- ¼ cup of Unsalted Butter, melted
- 4 cups of All Purpose Flour

For the Filling:

- 1/3 cup of Unsalted Butter, melted
- 1/2 cup of Brown Sugar
- ¼ cup of Granulated Sugar
- 1 1/2 Tbsp of Ground Cinnamon
- 1 Apple, peeled, cored and cut into small little pieces

For the glaze:

- ½ cup of Unsalted Butter
- 1 cup of Brown Sugar
- 2 Tbsp of Light Corn Syrup
- ¼ cup of Heavy Cream
- 1 tsp of Vanilla Extract
- 1 cup of Chopped Pecans (optional)

1) In a small bowl, combine the warm water and 1 tsp of the granulated sugar, sprinkle the yeast over the top and let it sit for about 5 minutes.

2) In the bowl of a standing mixer fitted with a dough hook, mix the egg, milk, salt, sugar and melted butter. Add 2 cups of the flour and the water, vanilla and yeast mixture, mix until its all incorporated and slowly add about 2 more cups of flour. Turn the speed up to medium and let it mix for about 5 to 7 minutes or until you have a smooth dough.

3) Oil a large bowl with some vegetable oil and set aside. Take the dough out of the mixer and pull it together with your hands to form a ball. Place it in the oiled bowl and oil the top of the dough with a little vegetable oil. Cover with plastic wrap and place it in a warm spot to rise for about 2 hours.

To make the sauce,

4) In a saucepan, add the butter, cream, brown sugar and corn syrup and let it cook and melt together just long enough for the sugar to be dissolved. Turn the heat off, stir in the vanilla and let it sit and cool for a bit.

5) Once cool a bit, pour it in the bottom of a well buttered 9X13 baking dish and sprinkle the chopped pecans over the top. Set aside.

6) In a small bow, mix together the brown sugar, granulated sugar and cinnamon for the filling, set aside for a few minutes.

7) When doubled in size, punch the dough down and roll it out onto a floured surface into a 15x9 rectangle. Brush the butter over the top and sprinkle evenly over the chopped apples and sugar and cinnamon mixture. Starting from one of the long ends, tightly roll the dough into a jelly roll form. Cut into 14 to 16 slices (make sure they are even) and place them cut side down in a well buttered 9x13 baking pan. Cover with plastic wrap and let put them back into a warm spot to rise for another 30 minutes in a warm spot.

8) Cover the pan lightly with foil and bake them for 20-25 minutes at 350F. Remove the foil and bake them an additional 10 minutes or until lightly golden brown.

9) Allow the rolls to cool for only 5 minutes in the baking dish and then carefully invert them on a large platter.

These are really best served warm so dig right in my friend!

Cooks Note: if you like, you can cover them and place them in the fridge but make sure you microwave them for about a minute before serving again. Don't be nervous if they harden quite a bit in the fridge, they will soften when they warm up.

