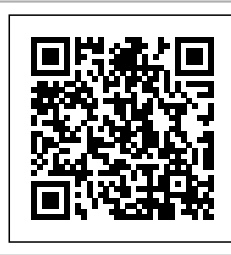


Ultimate Sticky Buns



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Video!



Recipe by: Laura Vitale

Makes 14

Prep Time: 30 minutes
Cook Time: 30 minutes

Ingredients

For the Dough:

- __ 3-1/2 cups of All Purpose Flour
- __ 1/4 cup of Granulated Sugar
- __ 2 tsp of Salt
- __ 1 tsp of Sugar mixed with 2 1/4 tsp of Active Dry Yeast
- __ 3/4 cup of Whole Milk
- __ 1/2 cup of Water
- __ 1 Egg
- __ 1/4 cup of Unsalted Butter, melted
- __ 2 tsp of Vanilla Extract

For the Filling:

- __ 3/4 cup of Brown Sugar mixed with 2 tsp of Cinnamon
- __ 1/3 cup of Unsalted Butter, softened at room temperature

For the Sticky Topping:

- __ 10 Tbsp of Unsalted Butter, softened at room temperature
- __ 3/4 cup of Brown Sugar
- __ 2 Tbsp of Corn Syrup
- __ 2 Tbsp of Honey
- __ 2 tsp of Vanilla Extract
- __ 3 Tbsp of Milk (cream and evaporated milk work too)
- __ 1 cup of Chopped Pecans

1) Mix together the milk and water, pop in the microwave for about 45 seconds or until warm (about 110 degrees F) sprinkle in the sugar and yeast mixture, set aside until foamy.

2) In the bowl of a standing mixer, stir together the flour, sugar and salt, then add the yeast mixture, butter, egg and vanilla, pop on a dough hook attachment and knead until dough comes together and it's nice and smooth (about 3 minutes or so on medium speed) place in an oiled bowl, cover with some plastic wrap and place them somewhere warm to rise, about an hour and half. Meanwhile, prep your pan by just greasing a 9x13 inch casserole dish and setting it aside.

3) Move onto the sticky topping. In a bowl, whisk together well the butter and brown sugar, (make sure this is really creamy with no lumps, don't use a spatula like I did in the video because it makes it harder to blend the butter well) then add in the corn syrup, honey, milk and vanilla and keep whisking until it comes together, then evenly spread out the mixture in your prepared pan, sprinkle over the nuts evenly and set aside.

4) On a lightly floured surface, flatten out your dough, roll it out into a long rectangle (about 10x15 inches) smear the butter evenly over the dough, then sprinkle over the cinnamon sugar mixture evenly all over the top, then roll the dough into a long jelly roll (try to make it as tight as possible) cut into 12 or 14 rolls, place them in your prepared pan on top of the sticky topping, lightly cover with some plastic wrap and allow to rest for 45 to 60 minutes.

5) While the rolls rise, preheat your oven to 350 degrees, bake the rolls for about 30 minutes or until lightly golden brown, then allow to rest for 5 minutes, run a knife around the edges to loosen the rolls then carefully invert the rolls onto a large platter and enjoy!

