

## **2016 PA STICKY BUN CONTEST Winning Recipes**

### **1<sup>st</sup> Place**

**Alexis Foor – Bedford County**

#### **Maple Pecan Bacon Sticky Buns with Pecan Nut Filling**

##### **Dough:**

<b>½ cup whole milk</b>	<b>¼ cup water</b>
<b>1 packet active dry yeast</b>	<b>3 large eggs, at room temperature</b>
<b>1/3 cup granulated sugar</b>	<b>¾ teaspoon fine salt</b>
<b>4 cups all-purpose flour, plus extra for rolling out the dough</b>	
<b>5 tablespoons unsalted butter, cut into small pieces and at room temperature</b>	
<b>Plus extra for coating the bowl</b>	

##### **Filling:**

<b>½ cup cooked, chopped bacon</b>	<b>1 egg white</b>
<b>2 cups ground pecans</b>	<b>¾ cup sugar</b>

**Mix in bowl – spread on dough**

##### **Topping:**

<b>8 thick-cut bacon slices</b>	<b>12 tablespoons unsalted butter</b>
<b>1 ½ cups packed light brown sugar</b>	<b>1/3 cup heavy cream</b>
<b>1/3 cup Golden Barrel Table Syrup</b>	<b>¼ teaspoon fine salt</b>

##### **Maple Icing:**

<b>1 ½ cups confectioner sugar</b>	<b>¼ teaspoon maple extract</b>
<b>1 tablespoon Golden Barrel Molasses</b>	<b>1 tablespoon milk</b>

**In mixing bowl, beat until smooth and desired consistency**

##### **To Assembly:**

**1 cup packed light brown sugar**  
**2/3 cups pecan halves, toasted and coarsely chopped**

##### **Instructions:**

- 1. Coat a large bowl with butter and set aside. Combine milk and water and heat in microwave or on stove until the mixture reaches 100 – 115 degrees F. Transfer the mixture to the bowl of a stand mixer and sprinkle the yeast on top. Set aside until foamy, about 5 to 10 minutes. Add the eggs, sugar and salt and whisk until evenly combined.**
- 2. Add the measured flour and place the bowl on a stand mixer fitted with a dough hook. Mix on low speed until the flour is incorporated and the dough just comes together, about 1 minute.**
- 3. Increase the speed to medium/high and add the measured butter one piece at a time, letting each piece completely dissolve before adding the next.**

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**Continue mixing until the butter is completely mixed and the dough is smooth and pulling away from the sides of the bowl, about 10 minutes total.**

- 4. Transfer the dough to the prepared bowl and turn to coat with the butter. Cover the bowl with plastic wrap; leave it in a warm place until the dough doubles in size, about 90 minutes. Punch the dough down, cover with plastic wrap, return to the warm place, and let rise again until doubled, about 45 to 60 minutes.**

**For the topping:**

- 1. Heat the oven to 400 degrees F and arrange a rack in the middle.**
- 2. Arrange the bacon slices in a single layer on a rimmed baking sheet and bake until browned and crisp, about 15 to 20 minutes.**
- 3. Transfer the bacon to a paper towel-lined plate and pour the rendered fat into small bowl. Using a pastry brush, coat two 8x8 inch pans with the bacon fat, set aside. Set aside the remaining bacon fat.**
- 4. When the bacon slices are cool enough to handle, cut them into small dice and set aside.**
- 5. Melt the butter in a medium saucepan over medium heat. Add the brown sugar and whisk to combine. Cook, whisking occasionally, until the edges of the mixture start bubbling about 4 minutes. Remove the pan from the heat and whisk in the cream, Golden Barrel Table Syrup, and salt.**
- 6. Divide the mixture between the 8x8 inch prepared pans. Sprinkle half of the diced bacon into each pan, set the pans aside.**

**To assemble:**

- 1. Reduce the oven temperature to 350 degrees F and keep the rack in the middle. Place a baking sheet covered with aluminum foil on a lower rack to catch any drips from the sticky buns which they are baking.**
- 2. On a lightly floured work surface with a lightly floured rolling pin, roll the dough into a rectangle. Brush the dough all the way to the edges with the reserved bacon fat. Spread with filling.**
- 3. Starting at the edge closest to you, roll the dough into a cylindrical shape. As necessary, tuck the center in and under to ensure that the cylinder is being rolled to an even thickness.**
- 4. Using a sharp knife, slice the dough cylinder crosswise into 12 pieces.**
- 5. Place 1 roll cut-side down the center of each prepared 8x8 inch pan. Evenly space rolls.**
- 6. Set the pans in a warm place uncovered and let the rolls rise until they touch the sides of the pan and each other, about 40 minutes.**
- 7. Place the pans in the oven on the middle rack and bake until the rolls are puffed and golden brown, about 35 minutes. Remove from the oven and allow the pans to cool on a wire rack for 15 minutes. Remove the pans. Let cool. Garnish with pecans and dollops of maple icing.**

## 2016 PA STICKY BUN CONTEST

### Winning Recipes

**2<sup>nd</sup> Place**

**Amanda Kurtz - Lehigh County**

#### Nutty Banana Sticky Buns

<b>1 large egg, room temperature</b>	<b>1 cup warm water (110-115 degrees)</b>
<b>¾ cup mashed bananas</b>	<b>3 ½ cups bread flour</b>
<b>¼ cup granulated sugar</b>	<b>1 teaspoon salt</b>
<b>3 tablespoons butter, softened</b>	<b>2 ½ teaspoons yeast</b>

Place above ingredients in a bread machine and mix on “dough” setting until cycle is complete. Please dough on a floured surface. Roll dough into a 9” x 15” rectangle approximately ¼ inch thick.

#### Filling

<b>¼ cup softened butter</b>	<b>¼ cup light brown sugar</b>
<b>¼ cup granulated sugar</b>	<b>2 teaspoons cinnamon</b>

Spread softened butter over dough. In a small mixing bowl, mix sugars and cinnamon together and sprinkle evenly on top of dough. Roll dough into a log. Place log in freezer for at least 20 minutes. Butter two 8 inch square baking pans and set aside.

#### Topping

<b>½ cup butter</b>	<b>1 ½ cups light brown sugar</b>
<b>¼ teaspoon salt</b>	<b>½ cup mashed bananas</b>
<b>⅓ cup light corn syrup</b>	<b>½ cup heavy cream</b>
<b>½ teaspoon vanilla</b>	<b>2 cups chopped pecans</b>

Melt butter in a saucepan; add light brown sugar, salt, bananas, corn syrup and cream. Mix on low heat until well blended and sugar has melted. Continue to heat on low for 5 more minutes. Divide mixture between buttered pans and then place pecans in bottoms of pans. Remove log from freezer and cut into 12 pieces. Place 6 pieces in each pan on top of the pecans. Let buns rise for 1 hour or until doubled in size.

Heat oven to 350 degrees. Place bunds on middle rack and back buns for 25 minutes or until golden brown. Rotate buns halfway through baking time. Remove from oven and cool for 2 minutes, then turn buns over onto a serving dish and let them set for 2 minutes. Remove pans and let buns cool.

## 2016 PA STICKY BUN CONTEST Winning Recipes

3<sup>rd</sup> Place

John Walker -- Adams County

### Walnut Sticky Buns

1 package active dry yeast  
1/2 cup plain yogurt  
1/4 cup butter  
1 teaspoon salt  
3 to 3 1/2 cups flour

3/4 cup warm water  
1/4 cup sugar  
1 egg  
1 teaspoon vanilla

### Topping

1/8 cup butter  
2 cups chopped walnuts

1/2 cup brown sugar

### Filling

1/4 cup sugar  
1 tablespoon butter, melted

1 1/2 teaspoon cinnamon

### Icing

1/4 cup confectioners' sugar  
1/8 teaspoon vanilla

1 1/2 tablespoons milk

In a small bowl dissolve yeast in warm water. In a large bowl combine yogurt, sugar, butter, egg, salt yeast mixture and 1 1/2 cups flour. Beat on medium until smooth. Sift in enough remaining flour to make a soft dough. Turn dough onto a floured surface, knead until smooth and elastic about 6 to 8 minutes.

For Topping: In a small saucepan, melt butter, stir in sugar. Divide mixture into 2 (8x8 inch) pans. Divide walnuts and sprinkle on both pans.

For Filling: Combine sugar and cinnamon. Punch down dough, turn onto floured surface. Divide in half, Roll each dough into a 9 inch x 13 inch log. Brush with butter and sprinkle with sugar mixture. Repeat for 2<sup>nd</sup> log.

Roll up jelly roll style. Cut each log into 6 slices. Place cut side down in pans. Cover with towel and let rise until doubled, about 30 minutes. Preheat oven to 350 degrees. Bake for 30 minutes or until done and browned. Invert into another pan.

For icing: Put all ingredients into a bowl and stir until sugar is dissolved. Drizzle over buns.

## 2016 PA STICKY BUN CONTEST Winning Recipes

4<sup>th</sup> Place

Catherine Ache -- Northampton County

### Nutty Sticky Buns

#### Dough

1 envelope Fleischmann's Active Dry Yeast  
1/3 cups granulated sugar  
3 1/2 cups flour  
1 teaspoon salt  
3 tablespoons butter, softened  
1 egg plus enough warm water to equal 1 cup  
1 teaspoon vanilla  
1 teaspoon butter flavoring

#### Filling (divided)

1/4 cup butter, melted  
4 teaspoons cinnamon  
1/2 cup light brown sugar  
1/2 cup white raisins

#### Topping (divided)

1/2 cup, melted  
4 tablespoons maple syrup  
1 to 1 1/2 cups whole pecans, or enough  
to cover entire bottom of pan  
1 cup light brown sugar  
8 slices bacon, cooked and  
crumbled

Place ingredients in bread machine in the order given (or in the order of your bread machine manufacturer's recommendation). Set machine on dough setting, or for one hour and 28 minutes.

Melt 1/4 cup butter in an 8" x 2" square baking pan (8" round pan may also be used); add 1/2 cup firmly packed brown sugar and 2 tablespoons maple syrup\*; stir till smooth; and place 1/2 of the bacon and 1/2 to 3/4 cup of pecans evenly to cover entire bottom of pan. Repeat with second pan. Set aside.

Divide dough in half. Roll half the dough into a 15" X 9" rectangle. Brush rolled dough with 2 tablespoons softened butter, and spread with 1/4 cup firmly packed brown sugar, 2 teaspoons cinnamon, and 1/4 cup white raisins. Roll dough, jellyroll style, starting with SHORT end, and cut into 6 equal pieces. Repeat procedure with second half of dough.

Place rolls, evenly spaced, into prepared pans. Repeat entire procedure with second pan. Cover and let rise in warm, draft-free place until double in bulk.

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**Bake in a 350-degree oven for 25 minutes, or until golden brown. Invert onto serving platter for 30 seconds to let syrup run down sides of buns. Remove pan and let cool on cooling rack. Serve and enjoy!**

**Recipe makes 12 buns**

## 2016 PA STICKY BUN CONTEST Winning Recipes

5<sup>th</sup> Place

Trish Shellenberger – York County

### Pineapple Upside Down Sticky Buns

1 pkg. active dry yeast  
¾ cup warm milk  
3 tablespoons Canola oil  
4 cups flours

¾ cup warm water  
¼ cup sugar  
1 teaspoon salt

#### Filling:

¼ cup butter, softened  
2 tablespoons cinnamon

¼ cup sugar

#### Topping:

4 tablespoons butter  
½ cup brown sugar  
½ teaspoon salt  
1 small can crushed pineapples

½ cup sugar  
½ cup Golden Barrel syrup  
1 cup pecans  
Maraschino Cherries

Dissolve yeast in warm water. Add milk, sugar, oil, salt and half the flour. Mix well. Add remaining flour and knead for about 8 minutes. Cover and let rise until double in bulk. Roll out to about 12" x 8" rectangle. Spread with softened butter. Sprinkle with sugar and cinnamon. Roll up and cut into slices.

#### Topping:

Cook butter, sugar, brown sugar, syrup and salt just to boiling point. Pour into 8 inch square baking dishes and sprinkle with chopped pecans and crushed pineapples. Place cherries where center of buns will be place. Place slice buns on top, cover and let rise for about an hour. Bake at 350 degrees for about 25 minutes, until golden. Invert onto serving plate or onto another 8 inch square pan.