

**Ooey-Gooey Maple Bourbon Pecan Sticky Buns****Dough**

2 ¼ tsp yeast  
 1 Tbls sugar  
 ¼ very warm water  
 1 ¼ c hot milk  
 ¼ c melted butter (put in milk to melt)  
 1 large egg at room temperature  
 1 tsp salt  
 1tsp vanilla  
 4 c flour

**Filling**

6 Tbls melted butter  
 ¾ c dark brown sugar  
 1 Tbls cinnamon  
 3 Tbls maple syrup

**Topping**

¾ c butter  
 ¾ c light caro syrup  
 ½ c maple syrup  
 1/8 c bourbon of choice  
 3 Tbls heavy whipping cream  
 ½ c chopped pecans

**Dough**

Dissolve yeast and sugar in warm water and set aside. Mix sugar, egg, milk, butter, salt and vanilla. Add 2 cups of flour and mix until smooth. Add yeast and mix well. Add remaining flour one cup at a time, mixing well after each, until dough is easily handled. Knead dough on lightly floured surface for -10 minutes. Place in lightly oiled bowl and cover to allow to rise until double in size – about 2-3 hours. \*\*When dough has risen, remove from bowl and beat down on a floured surface. Roll dough out into a 15x9 rectangle. Spread filling over dough and roll up. Use a bit of water to seal the edge before cutting into slices about 1-1 ½" thick. \*\*\*Place buns in pan, about 1-2" apart, allowing to rise for 45 minutes. Heat oven to 350 and bake buns for 25-30 minutes or until golden brown. Remove from oven and pour remaining topping over buns. Allow buns to sit for 5 minutes before flipping out onto a serving tray, pecan side up.

**\*\*Filling**

Make right before rolling out dough. Melt butter and add remaining ingredients – mix until smooth. Spread evenly over dough and roll up...

**\*\*\*Topping**

Melt butter and add brown sugar, syrups, and bourbon. Heat until bubbly. Remove from heat and add heavy cream, mixing well. Put pecans in pan and pour ¾ of the syrup over the pecans. Place buns in pan...

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## Apple Pecan Sticky Buns

### DOUGH: ¾ c. warm water

2 ½ tsp. Yeast  
½ c. sour cream  
1/3 c. sugar  
1 egg  
¼ c. butter  
1 tsp. Salt  
1 tsp. Vanilla  
4 cups flour

### FILLING:

1 egg white  
¼ c. dark brown sugar  
1 tsp. apple pie spice

### SYRUP:

12 Tbsp. butter, melted  
1 c. light brown sugar  
1 ½ c. dark brown sugar  
1/3 c. heavy cream  
1/3 c. dark corn syrup  
1 Tbsp. Golden Barrel baking molasses  
1 tsp. apple pie spice  
¼ c. crumbled bacon  
¼ c. diced apples  
¼ c. pecans, chopped

To make dough, mix yeast and water in a small bowl. In another bowl, mix together sour cream, sugar, egg, butter, salt, and vanilla. Combine the sour cream mixture with the yeast mixture. Add 1 ½ cups flour until blended. Then add more flour, about 2-3 cups, until a soft dough forms. Let dough rise.

Separate dough in half.

To make filling, mix together egg white, sugar, and spice. Rough out dough in rectangle and spread filling on top. Then roll up the dough, lengthwise, cover with aluminum foil, and place in freezer for 20-30 minutes. While dough is in the freezer, make the syrup.

To make syrup, melt butter in a medium saucepan. Then add sugars, heavy cream, corn syrup, and molasses, and spice. Cook until syrup begins to boil. Remove from heat. Put syrup in bottom of 2- 8X8 pans or 1-9x13. Sprinkle syrup with bacon, apples, and pecans.

Remove rolls from freezer and cut into 1" slices. Place slices on top of the syrup. Let dough rise.

Bake 350 for 25-30 minutes. Flip over.

## Apple Cider Pecan Sticky Buns

### Ingredients:

#### **Dough**

1 cup sour cream  
2 tablespoons unsalted butter  
1/2 cup sugar  
1 teaspoon salt  
2 teaspoons instant or active dry yeast  
1/4 cup lukewarm water  
1 large egg  
1 teaspoon vanilla extract  
4 cups Unbleached All-Purpose Flour

#### **Filling**

1/4 cup unsalted butter  
4 cups cooking apples, peeled and coarsely grated  
2 tablespoons cider  
1/4 teaspoon salt  
3/4 cup brown sugar  
1 1/2 teaspoons cinnamon  
1/4 cup Unbleached All-Purpose Flour

#### **Caramel Sauce:**

1/2 cup butter  
1 cup dark brown sugar  
1/4 teaspoon Kosher Salt  
3 tablespoons heavy cream  
1 1/3 cups chopped pecans

#### **Cider Glaze**

1 cup confectioners' sugar  
1 tablespoon cider  
1 tablespoon milk or heavy cream  
1/2 teaspoon vanilla extract

### Instructions:

**For the dough:** Combine all the dough ingredients in the order listed a large mixing bowl. Mix and combine until you have a soft, smooth dough, adding half of the reserved cup of flour if needed.

Turn the dough out onto a lightly floured surface and knead for 5 minutes. Scrape out the mixing bowl, grease it, and return the dough to the bowl. Cover and let rise for 1 hour, until doubled.

**For the filling:** While the dough is rising, melt the butter in a large skillet. Add the apples and salt and cook over medium heat for 6 to 8 minutes, until the apples soften, release their juice, and most of the juice cooks away.

Add the cider and stir in. Combine the brown sugar, cinnamon, and flour and sprinkle over the apples. Stir until the apples are coated. Cook for 1 more minute, until the mixture thickens. Remove the pan from the heat and cool to room temperature.

**For the caramel sauce:** combine 1/2 cup butter and 1 cup dark brown sugar in a small saucepan over medium heat. Cook until sugar dissolves in the butter. Stir in the heavy cream and Kosher Salt; mix well

but do not bring to a boil. Sauce will be thick. Divide sauce equally into cake pans. Sprinkle equal amounts of pecans on top of caramel sauce.

**To assemble:**

Turn the risen dough onto a lightly floured work surface. Pat it into a rectangle shape. Roll the dough out to an 18" x 10" rectangle

Spread the filling over the dough, leaving 1/2" uncovered along both long edges.

Roll up the dough from the long edge toward you; pinch the seam closed.

With the seam side down, cut the roll into equal pieces.

Spread the caramel sauce in the 8" x 8" pan and sprinkle with pecans. Place the rolls, cut side up, in the pan, and cover with greased plastic and let rise for 45 minutes. 20 minutes into the rise time, preheat the oven to 375°F.

When the rolls are puffy looking but not quite doubled, remove the plastic and bake for 25 to 30 minutes, until golden brown

Remove from the oven and cool in the pan on a rack. After 5 – 10 minutes flip.

**For the optional glaze:** Mix all the ingredients together until smooth; drizzle or spread the glaze over the cooled rolls.

# The Ultimate Sticky Bun

**Note: This recipe is for two 8 inch X 8 inch pans (9 buns in each pan)**

## Caramel top layer:

- 1½ cup packed dark brown sugar
- 1 Tbl Golden Barrel dark brown corn syrup
- ½ cup butter
- 2 Tbl cream

Add brown sugar, corn syrup, butter and cream. Melt ingredients and heat to boil for a few seconds. Remove from heat and transfer to a measuring glass to determine what volume was made. Pour ½ volume of caramel topping into 8inX8in pan sprayed with non-stick cooking spray. Repeat same procedure with 2<sup>nd</sup> pan. Allow to cool and thicken. You can wait until the dough is ready for assemblage to prepare your caramel top layer.

## Dough:

- 2 cups whole milk
- ½ cup canola oil
- ½ cup sugar

In cooking pan, add milk, oil, and sugar. Heat ingredients to steam but do not boil. Allow to cool to lukewarm temperature.

- 1 pkg active dry yeast
- 4 cups flour

Add yeast and mix to dissolve. Add flour and mix to form dough. Place on warm surface and cover with a damp towel and allow dough to rise for 1 hour.

- ½ tsp baking soda
- ½ tsp baking powder (heaping)
- 2 tsp salt
- ½ cup flour

Mix ingredients into dough and then knead dough by hand for approximately 10 minutes. Allow dough to rise again for 1 hour.

## Assemblage and Baking

- 1½ Tbl cinnamon
- ½ cup sugar
- ¼ cup butter (melt in pan)

Evenly divide the dough into two sections. Roll out each dough into a large rectangle slightly larger than 18 inches in length. Use brush to coat surface with ¼ cup melted butter and sprinkle a mixture of 1½ Tbl cinnamon and ½ cup sugar. Roll dough into a log and slice into ~ 2 inch sections. Place 9 rolls on top of caramel layer. Place pan on warm surface and cover with damp towel. Allow to rise for up to 1 hour or until all buns begin to touch. Bake at 375 with foil covered for 30 min, then 5 min with partial covering of outside buns (middle bun not covered). Remove from oven after golden brown and invert on cardboard after allowing to cool for up to 1 hour so that the bottom of the pan is warm, not hot. Press lightly a whole roasted pecan on top of each individual bun. Drizzle caramel on top of each pecan. Enjoy!

## Caramel Pecan Sticky Buns

### *Dough:*

- 2 packets dry yeast
- ½ cup granulated sugar
- ½ cup water, room temperature
- 1 cup whole milk, room temperature
- ¼ cup unsalted butter, melted
- 1 egg, lightly beaten
- 1 tsp. vanilla extract
- 4 cups all-purpose flour
- ½ tsp. salt

### *Caramel Sauce:*

- ½ cup unsalted butter
- 1 cup dark brown sugar
- ¼ tsp. salt
- 3 Tbsp. heavy cream
- 1 Tbsp. Bailey's Irish Cream
- 1 1/3 cup chopped pecans

### *Filling:*

- 1 cup light brown sugar
- 2 tsp. cinnamon
- 4 Tbsp. unsalted butter, melted

1. Combine yeast, sugar, water, and milk in a large mixing bowl. Let sit until foamy, 5-10 minutes.
2. Mix in butter, egg, and vanilla. Stir in flour and salt and mix with dough hook until dough comes together, about 7 minutes. Remove dough and shape into a ball. Brush bowl with oil. Place dough in bowl and cover with a cloth. Set in a warm place until doubled, 1.5-2 hours.
3. Spray two 8-inch baking pans with cooking spray.
4. For the caramel sauce, combine butter and dark brown sugar in a small saucepan over medium heat. Cook until sugar dissolves in butter. Stir in heavy cream, salt, and Bailey's. Divide sauce

equally into baking pans. Sprinkle equal amounts of pecans onto caramel sauce. Divide dough in two equal portions and roll out each portion into a rectangle approximately 18x6 inches.

5. For the filling, mix brown sugar and cinnamon together. Brush melted butter evenly on each rectangle and sprinkle with brown sugar cinnamon mix. Starting with the longer side, roll up each rectangle. Cut each roll into 2-inch portions. Place rolls into prepared pans and cover with damp towel and let rise until doubled, about 40 minutes.
6. Preheat oven to 350 degrees. Bake until lightly browned, 25-30 minutes. Cool buns in pan for 10 minutes. Invert onto serving platter.