

A Recipe From *tikkido*

Sticky Buns (Sticky Pecan Rolls)

<https://tikkido.com/blog/recipe-for-sticky-buns>

Sticky Bun Bread Dough:

- 4 1/2 cups flour
- 3/4 cup milk
- 3/4 cup water
- 1/3 cup sugar
- 1 teaspoon salt
- 1 package yeast
- 2 eggs, beaten
- 1 stick (8 Tablespoons, or 113 grams) of butter, melted

Sticky Bun Filling

- 3/4 cup brown sugar
- 2 teaspoons cinnamon
- 1/2 a stick (4 Tablespoons) of butter, melted

Sticky Bun Caramel Pecan Sauce:

- 1 stick (8 Tablespoons, or 113 grams) of butter, melted
- 1/2 cup packed brown sugar, packed
- 1/4 cup sugar
- 1/4 cup corn syrup
- 1/4 teaspoon salt
- 2 Tablespoons cream
- 1 1/2 cups toasted, roughly chopped pecans

Instructions:

1. Place flour in a large bowl and form a well in the center for liquid.
2. Heat milk and water to between 110 and 115 degrees Fahrenheit.
3. Add beaten eggs, sugar, salt, and yeast to the water and milk mixture and mix. Pour this mixture into the well of flour and DO NOT MIX.
4. Cover and let rise for 30 minutes.
5. While waiting for dough to rise, combine all caramel pecan sauce ingredients and spread into the bottom of a 9x13 pan.
6. After the first 30 minute rise, pour the butter in with the other bread dough ingredients and mix



just until combined. The dough will be sticky and lumpy. Let rise another 30 minutes.

7. While waiting for the second rise, combine brown sugar and cinnamon for the sticky bun filling. Melt the butter for the sticky bun filling but do not mix it together.
8. After the second rise, place dough on a well-floured surface and roll into a large rectangle. Brush the surface of the dough with melted butter (from the filling ingredients list). Sprinkle with the brown sugar and cinnamon mixture.
9. Roll the dough into a cylinder from left to right. Use a piece of string or floss to trim off the two rough ends and cut the remaining dough into eight equal pieces.
10. Place the rolls in the pan, right on top of the caramel pecan mixture.
11. Bake at 350 degrees Fahrenheit for 25 minutes.
12. Let cool in pan for five minutes, then turn out (while still warm!) on a platter.