

North Carolina Pecan Association Pecan Breakfast Recipe Contest

Second Place: Teresa Hardy, Apex

Teresa's Sticky Buns

Dough:

1 cup warm water
1 pkg. yeast
¼ cup sugar
½ tsp. salt
¼ cup oil
1 egg
3-4 cups of bread flour

Add yeast to 1 cup of water in large bowl. Make sure the water is not too hot. Add sugar, salt, oil, and egg to the bowl. Beat with a whisk until smooth. Add flour a little at a time and stir with a wooden spoon. If the dough is too sticky, add more flour as needed. Knead the dough and place in bowl to rise. Let it rise for about 1 ½ hours. While the dough is rising, make the topping for the buns.

Pecan Topping:

¾ cup dark brown sugar
1 stick unsalted butter
2 T honey (I get mine from a local beekeeper)
1 T maple syrup
2 T dark corn syrup
2 ¼ cups of NC pecans

Add the ingredients to a small saucepan and bring to a boil.

Pour the topping in a 9x13 casserole dish.

After the dough is risen, make the buns as described below:

Sticky Bun Filling:

¼ cup dark brown sugar
4 Tbsp. butter, melted
1 Tbsp. cinnamon

To make the buns, roll the dough out in a rectangle about 12 X 18. Spread filling on the rectangle and roll up like a cylinder. Cut out 12-16 rolls and place on the topping made earlier.

Cinnamon Topping:

1 Tbsp. brown sugar
2 Tbsp. butter, melted
Dash of cinnamon

Let rise for 1 hour to 1 ½ hours until doubled to fill the dish and cover the topping.

Bake at 375 degrees for 30 minutes until golden brown. When done, combine cinnamon topping and pour over the rolls and let sit 10 minutes. Flip the rolls onto a serving dish and serve.