

Advance Preparation: Make the dough minimum 1 day, maximum to 2 days ahead
Minimum Rising Time: 1 to 2 hours
Oven Temperature: 375°F.
Baking Time: 25 to 30 minutes

Sticky Buns

Sticky Bun Filling

Makes: 12

INGREDIENTS	MEASUREMENTS	WEIGHT	
		<i>ounces</i>	<i>grams</i>
<i>room temperature</i>	<i>volume</i>		
<i>1 Recipe Brioche Dough</i>		<i>about 19 ounces</i>	<i>540 grams</i>
raisins	1/2 cup	2.5 ounces	72 grams
dark rum	2 tablespoons	1 ounce	28 grams
boiling water	1/4 liquid cup	2 ounces	60 grams
coarsely chopped pecans, toasted	1/4 cup	1 ounce	28 grams
light brown sugar	1/4 cup, firmly packed	2 ounces	56 grams
granulated sugar	1 tablespoon	0.5 ounce	13 grams
cinnamon	2 teaspoons	•	9.6 grams
1 egg, lightly beaten	1 tablespoon	about 0.5 ounce	16 grams

Equipment: One 9-inch by 13-inch pan, lightly greased. A baking stone or baking sheet.

1) Make the sticky bun filling

In a small heatproof bowl place the raisins and rum. Add the boiling water, cover, and let stand for at least 1 hour so the raisins can become pump with the rum. When ready to fill the dough, drain the raisins, reserving the soaking liquid for the glaze.

In another bowl, combine the chopped nuts, sugars and cinnamon.

In a small bowl, have ready the lightly beaten egg.

Sticky Bun Topping

INGREDIENTS	MEASUREMENTS	WEIGHT	
		<i>ounces</i>	<i>grams</i>
<i>room temperature</i>	<i>volume</i>		
unsalted butter, softened	1/4 cup	2 ounces	56 grams
light brown sugar	1/2 cup, firmly packed	4 ounces	112 grams
Lyles golden refiner's syrup or light corn syrup	1 tablespoon	0.75 ounce	21 grams
heavy cream, heated until hot or warm	3 tablespoons	1.5 ounces	42 grams
pecan halves	1/2 cup	2 ounces	56 grams

2) Make the sticky bun topping

In a small heavy saucepan, off the heat, stir together the butter, brown sugar, and syrup until the sugar is moistened. On low heat, bring it to a boil, stirring constantly. Simmer on low heat for 5 minutes (3 minutes if using cast iron as it will continue cooking), without stirring. There will be many bubbles and the syrup will be dark brown. Do not allow it to get too brown. If you are using a thermometer it should be 244°F. Pour in the heavy cream and swirl the pan to mix it in. Continue simmering for 3 minutes, swirling the pan occasionally until, if you are using a thermometer, it returns to 244°F. Pour the syrup evenly into the prepared pan. Cool completely.

3) *Fill the dough*

Roll out the dough on a well-floured surface into a 14-inch wide by 12-inch long rectangle. Move it around from time to time to make sure it is not sticking and add more flour if necessary. Brush it with the lightly beaten egg, right up to the edges, and sprinkle it with the sugar mixture and raisins. Roll it up from the long end, brushing off excess flour as you go. It helps to use a long ruler slipped slightly under the dough to lift and roll it. Push together the ends so that they are the same thickness as the middle and the roll is 12 inches long.

4) *Cut the dough and let it rise*

Using a piece of dental floss or heavy string or a sharp knife, cut the roll into 4 pieces and cut each piece into thirds. Each piece should be about 1 inch thick. Place 3 pecan halves onto each cut end and place it, pecan side down, into the prepared pan. (If using the round tatin pan, place 8 buns evenly around the perimeter and 4 in the middle.) Push down the tops down so that the sides touch. Cover it with oiled plastic wrap. Let the buns rise in a warm place, ideally 75 to 85°F. for 1 to 2 hours or until they double. They should be airy and puffy. They will be about 3/4 inches from the top of the pan. (Note: if you want to bake the sticky buns the following day, as soon as they are shaped, refrigerate them for up to 14 hours. They will take about 2 1/2 hours to rise before baking. (You can speed rising to about 1 1/2 hours by placing them in a proof box with hot water)

Sticky Bun Glaze

INGREDIENTS	MEASUREMENTS	WEIGHT	
<i>room temperature</i>	<i>volume</i>	<i>ounces</i>	<i>grams</i>
reserved raisin-soaking liquid	.	.	.
unsalted butter	1 tablespoon	0.5 ounce	14 grams

5) *Make the sticky bun glaze*

In a small saucepan, over high heat, stirring constantly to prevent scorching, or in a 2 cup heatproof measuring cup in a microwave oven on high power, boil gently until the raisin soaking syrup is reduced to 1 1/2 to 2 tablespoons. Add the butter and stir until melted. The glaze should be no more than warm when brushed onto the buns.

6) *Preheat the oven*

1 hour before the baking preheat the oven to 375°F. Have the oven shelf at the lower level and place a baking stone or baking sheet on it before preheating.

7) *Glaze and bake the buns*

Brush the buns with the glaze. Place the pan on the hot stone or hot baking sheet and bake for 10 minutes. To keep the buns from becoming too brown, **cover them loosely with foil** and continue baking 15 to 20 minutes or until a skewer inserted in the center comes out clean. (An instant read thermometer inserted into the center will read about 180°F.).

8) *Cool the buns*

Remove the pan from the oven and allow the buns to cool in the pan for 3 minutes before unmolding them onto a serving plate or foil-lined counter. If any of the topping sticks to the pan, lift it off with a metal spatula and apply it to the buns. They may be eaten at once or reheated in a 350°F. for 15 minutes, loosely wrapped in foil or in a microwave oven on high power for 30 seconds, wrapped in a damp paper towel.

The Professional Way

A Flexipan® number 1601 mold (The mold has 15 containers so either do 1 1/2 times the recipe which will make each bun a little larger, or simply put a tablespoon of water in the empty places.) If your oven is not large enough to hold a full size sheet pan the Flexipan® can be cut or you can use metal Texas muffin pans though they are more conical and I prefer the shape of the Flexipan® molds.

Set the Flexipan® on the sheet pan. When the topping is done, pour it into a 1 cup measure. If you have used a non stick pan and captured all of the caramel you will have 3/4 cup which is 1 tablespoon per sticky bun. Pour the caramel into 12 of the containers. If you work quickly the caramel will stay fluid but if it starts to thicken too much simply put it in the microwave oven for a few seconds to liquefy it again. Allow the caramel to cool completely.

Set each nut encrusted bun on top of the caramel and then cover the top with plastic wrap. Allow the buns to rise until double. They will not reach the top of the mold but will be light and airy. Bake as above and unmold immediately when done.

To unmold, place a second sheet pan on top of the bottom one and invert the pans. Lift off the Flexipan®.

Pointers for Success

- © If using a very strong specialty cinnamon use only 1 1/2 teaspoons.
- © My favorite round pan is a 9 1/2-inch round (bottom measurement) by 2-inch high copper Tart Tatin pan. You can also use a 10-inch by 2-inch high cake pan. For half the dough, use a 7-inch by 2-inch pan or an 8-inch by 2-inch Tart Tatin or cake pan with a ball of crumpled foil in the center.
- © Be sure to brush off all flour on the outside of each bun before placing it in the pan or they will shrink away from each other while baking.