

High Altitude Sticky Cinnamon Buns

<http://userealbutter.com/2007/08/14/sticky-buns-recipe/>

makes about 4 9-inch pans

dough

2 packages active dry yeast (4.5 tsps)
1 cup lukewarm water (100-110°F)
1/2 cup plus 1 tbsp sugar
1 cup scalded milk
6 tsps melted butter
2 tsps salt
3 eggs, beaten
7 cups sifted unbleached all-purpose flour

filling

1/2 cup butter, melted
1/2 cup brown sugar
1 cup pecans, chopped
1/4 cup cinnamon (or less, I just sprinkle it on to my liking)

sticky

4 sticks (1 lb.) butter, softened
2 cups pecans, chopped
2 cups brown sugar, packed

In a large bowl (to accommodate your raised dough), sprinkle yeast into lukewarm water and add 1 tablespoon sugar. Stir to dissolve. Mix the melted butter, 1/2 cup sugar, and salt into the scalded milk. Cool the milk mixture to lukewarm and add to yeast mixture. Add beaten eggs. Mix well. Add one-third of the sifted flour and mix batter until smooth and satiny. Add remaining flour gradually and switch to hands or dough hook as dough stiffens. Knead for a few minutes. Grease the surface and cover the bowl with a damp cloth and let rise in a warm place (about 80°F) until doubled in size (about an hour).

Meanwhile, prepare 4 9-inch round pans. Spread one stick of butter (4 ounces) into the bottom of each pan. Sprinkle with brown sugar and pecans.

When dough is ready, punch it down and roll it out onto a lightly floured surface. Shape it into a large rectangle. Brush butter onto the dough and sprinkle the brown sugar, pecans, and cinnamon evenly over the butter. Roll the dough like a carpet and pinch the end onto the roll. You can use some water to help it stick to itself. Slice the roll into 1/2 inch to 3/4 inch pieces and set in baking pans. Cover the pans with a damp cloth and allow to rise a second time until doubled in size (about 45 minutes).

Bake at 375°F for 35 minutes or until golden brown and bubbling. Remove from oven and invert onto serving plate. Let cool. Serve that day.