

Pecan Sticky Buns

<http://userealbutter.com/2017/12/04/pecan-sticky-buns-recipe/>
from *Smitten Kitchen*

dough

3/4 cup milk, warm (110-116°F)
1 tbsp granulated sugar
1 pkt or 2 1/4 tsps active dry yeast
6 tsps unsalted butter, melted and cooled (but still liquid)
4 large egg yolks
1 large egg
3 1/2 cups (470g) all-purpose flour
1 tsp kosher salt
vegetable or canola oil to coat bowl

caramel

1/2 cup unsalted butter
3/4 cup dark brown sugar, packed
3/4 cup heavy cream
1/3 cup honey
1/4 tsp kosher salt

filling

1/4 cup dark brown sugar, packed
2 tsps granulated sugar
1 tsp ground cinnamon
1/8 tsp coarse or kosher salt
1 1/2 tsps unsalted butter, melted
1 1/2 cups pecans, toasted and chopped

Make the dough: Place the warm milk in the mixing bowl of a stand mixer. Stir the sugar and yeast into the milk and let sit for 5 minutes (it should start foaming a bit). Whisk in the melted butter, egg yolks, and egg. Add HALF of the flour and mix with a dough hook. Add salt and remaining flour, mixing until the dough looks shaggy. Knead the dough for 5-7 minutes on low speed until it becomes nice and elastic. Place the dough ball in a lightly greased large bowl. Turn the dough ball over to coat the whole thing in a thin film of oil. Cover and let rise in a warm place until the dough has doubled in size (about 1 1/2 to 2 hours).

Make the caramel: In a medium saucepan, melt the butter over moderate heat. Stir in the dark brown sugar, cream, honey, and salt. Bring the contents to a boil. Reduce the heat to medium-low, simmering the caramel 3-5 minutes until it looks shiny and golden brown. Remove from heat and pour the caramel into a 9x13-inch baking dish, swirling it to cover the bottom and partway up the sides. Let cool.

Prepare the filling: Mix the dark brown sugar, granulated sugar, cinnamon, and salt together in a small bowl. When the caramel in the baking dish has cooled, sprinkle 1 cup of the pecans evenly over the caramel.

Assemble the buns: On a lightly floured surface, roll the dough out to a 12×18-inch rectangle. Brush with melted butter, then distribute the sugar mixture evenly over the dough, leaving a 1/2-inch margin on one of the longer edges. Sprinkle the remaining 1/2 cup of pecans over the filling. Starting with the long edge opposite the clean margin, roll the dough up like a carpet. Cut the dough into 12 pieces, 1 1/2-inches wide. Distribute the buns evenly spaced, cut-side up, in the baking pan.

Proof buns: Seal the baking dish with plastic wrap and allow to rise until the buns expand and crowd one another (maybe an hour or two). Alternatively, you can refrigerate overnight (I prefer this for better flavor development) for no more than 16 hours and remove the buns from the fridge an hour before baking.

Bake: Preheat oven to 350°F. Bake 30-40 minutes until internal temperature is 185°F. Remove from oven and allow to rest for a couple of minutes. Set your serving dish face-down over the pan and carefully (and quickly) invert the pan and dish together to avoid any caramel spillage. Scrape remaining caramel and pecans from the baking pan over the sticky buns. Serve warm. Makes 12 buns.