

# PECAN STICKY BUNS

F MEDIUM

Last Modified: 02/01/2016

PREP: 2 Hrs 45 Min

COOK: 45 Min

OVEN: 375

BREADS

**MAKES 12 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
<b>DOUGH</b>			
1 1/3	Ounces	Bread Flour (Caputo Red Bag 00)	Weight
		We NEED The Gluten	
2/3	Cup	Water	
2/3	Cup	Whole Milk	Cold
1	Large	Egg	Room Temp
1	Large	Egg Yolk	Room Temp
15 1/8	Ounces	Bread Flour (Caputo Red Bag 00)	Weight
2	Tsp	Instant Yeast (NOT A Whole Package)	
1 1/2	Tsp	Table Salt	
3	Tbsp	Granulated Sugar	
6	Tbsp	Unsalted Butter	Softened
<b>CINNAMON FILLING</b>			
3/4	Cup	Light Brown Sugar	Packed
1	Tsp	Ground Saigon Cinnamon	
1/2	Cup	Pecans (Toasted)	Fine Chop
<b>NO-COOK CARAMEL TOPPING</b>			
6	Tbsp	Unsalted Butter	Melted
1/2	Cup	Dark Brown Sugar	Packed
1/4	Cup	Granulated Sugar	
1/4	Cup	Dark Corn Syrup (Karo)	
1/4	Tsp	Table Salt	
2	Tbsp	Water	
1	Cup	Pecans (Toasted)	Chopped
<b>PREPARATION</b>			
<b>FACTOID</b>	While not truly difficult, still, this is a mildly, time-consuming process. The end result is a fantastic, tender, light and fluffy Sticky Bun that is not doughy or overly sweet.		
<b>TOOLS</b>	1) Medium Mixing Bowl. 2) Small Mixing Bowl. 3) Stand Mixer & Dough Hook Head. 4) Wire Rack. 5) 9" x 13" Metal Baking Pan. 6) Square Serving Platter OR Aluminum Quarter Sheet Pan. 7) 24" Long Piece Of Dental Floss. 8) Instant Read Thermometer.		

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<b>FACTOID</b>	In order to achieve a "perfect", tender Dough every time, you <b>MUST</b> use weight for the Flour Measures rather than volume.
<b>HINTS</b>	Purchasing a 1 pound bag of chopped Pecans, I dump them out on the countertop and select the larger pieces for the cup and the remaining finer chopped pieces for the 1/2 cup.
<b>PREP</b>	<b>DISH</b> 1) Lightly toast the Pecans and set them aside. 2) Chop 1 cup of Pecans and set them aside. 3) Finely chop 1/2 cup of Pecans and set them aside.
<b>HINTS</b>	<b>DOUGH PROOFING:</b> An easy, sure way to "proof" (Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.
<b>1</b>	<b>DOUGH:</b> In a small mixing bowl, whisk the Bread Flour and Water together until there are no lumps. Microwave the mixture on high for 75 seconds TOTAL. Whisk the mixture every 25 seconds to ensure even heating. The Flour itself, will swell up and drastically alter the Dough's structure until it's almost glue-like..
<b>2</b>	<b>DOUGH:</b> While still warm, add the mixture into the stand mixers bowl. Whisk in the Milk until the mixture is smooth. Whisk in the Egg and Yolk. Whisk in the Yeast until dissolved. With a spatula, stir in the Flour until most of the Flour is wet.
<b>3</b>	<b>DOUGH:</b> Mix on low speed in a stand mixer with the dough hook attachment for 1 to 2 minutes until the ingredients are just combined. Stop the mixer and allow the Dough to rest for 15 minutes to allow the Gluten to form properly.
<b>4</b>	<b>DOUGH:</b> Add in the Salt and Sugar. Turn the mixer on at medium low speed for about 5 minutes and the Dough has broken free of the sides of the mixing bowl. Turn off the mixer and add in the Butter. Return the mixer to medium low and mix for 5 minutes more. The Dough WILL re-stick to the sides of the bowl.
<b>5</b>	<b>DOUGH:</b> Flour the countertop. Using a plastic scraper, remove the STICKY Dough from the mixing bowl, Flour your hands and hand knead the Dough for a couple of minutes. Form the Dough into a smooth round ball with the folds underneath. Spray a large mixing bowl with non-stick vegetable spray. Place the Dough ball with the folds down in the bowl and spray the top with non-stick vegetable spray to keep it from drying out.
<b>6</b>	<b>DOUGH:</b> Seal the bowl with plastic wrap and allow it to set undisturbed on the countertop until it has doubled in size. From 40 minutes to an hour depending upon the temperature in your kitchen.
<b>7</b>	<b>CARAMEL SAUCE:</b> In a medium mixing bowl, add in the Butter and melt it in the microwave. Add in the Brown Sugar, Granulated Sugar, Syrup and Salt. Whisk until all of the Brown Sugar lumps are gone. Whisk in the Water to loosen up the mixture.
<b>8</b>	<b>CARAMEL SAUCE:</b> Spray the baking pan with non-stick vegetable spray. Pour in the Caramel Sauce and spread it out evenly with a spatula. Sprinkle the top evenly with the Pecans. I normally use a bit more than the called for cup.
<b>9</b>	<b>FILLING:</b> In a small mixing bowl, add in the Brown Sugar and Cinnamon and mix the thoroughly together with the back of a tablespoon. NO lumps and an even color. Stir in the Pecans until mixed evenly.
<b>10</b>	<b>DOUGH:</b> Flour the countertop and your hands. Gently roll the Dough out of the mixing bowl and using your fingers, gently press it into an 18 inch by 15 inch rectangle with a long edge towards you.. Using your hands, spread the filling out evenly leaving about a 1 inch border all around the Dough rectangle. Lightly press the Filling into the Dough.

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<b>11</b>	<b>PINWHEELS:</b> Starting in one corner, roll the Dough up and moving back and forth, continue until you make an 18 inch long log. Roll the log over until the seam is up and pinch the Dough to seal the edge to the log and pat it smooth. This Dough IS SOFT, so be careful do NOT roll it up so tightly that the Filling squeezes out.
<b>12</b>	<b>PINWHEELS:</b> Using a paring knife, make small shallow marks beginning in the center of the log. Halfway between the ends and the center and then divide each quarter into thirds. THIS DOUGH IS SOFT!!!! Do NOT make the cuts deep enough to deform the log.
<b>13</b>	<b>PINWHEELS:</b> Using a 24 inch long piece of dental floss, work the middle underneath the log. Cross the floss over the top of the log and pull on the ends to neatly slice the log into undamaged Pinwheels. As you cut each piece, place the Pinwheels cut edge down on top of the Caramel Sauce in the pan. Make 3 rows of 4 Pinwheels each. Spacing them as evenly as possible.
<b>14</b>	<b>PINWHEELS:</b> Cover the baking pan with plastic wrap and allow the Pinwheels to rise until they have doubled in size, approximately 1 hour.
<b>15</b>	Preheat the oven to 375 degrees with a rack in the lower third.
<b>16</b>	<b>PINWHEELS:</b> Bake uncovered for 25 minutes. Cover the pan with aluminum foil and bake for an additional 10 to 15 minutes. When done, the internal temperature in the center of one of the middle Pinwheels should register 200 degrees with an instant read
<b>17</b>	<b>STICKY BUNS:</b> Place the uncovered baking pan on a wire rack and allow the Rolls to cool for 5 minutes so the Caramel has a chance to solidify a bit.
<b>18</b>	<b>STICKY BUNS:</b> Invert a rectangular serving platter on top of the baking pan and quickly flip it over. Slowly remove the baking pan while making certain that ALL of the pinwheels have released from the pan..
<b>SERVE</b>	Enjoy these while still hot - ANYONE that can resist licking their fingers should be drummed out of the Family.