

MONKEY BREAD

This is a delicious and simple “breakfast” bread. It’s like sticky rolls, but is cooked in a bundt cake pan and pulled apart with your fingers. Just the smell of this cooking is enough to get most people out of bed.

1 batch Bread Dough
1 cup White Sugar
1 cup Brown Sugar
1 teaspoon Cinnamon
 $\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) Butter.

Make the bread dough, and allow it to rise until double. Punch it down, and knead it until smooth.

Mix the sugars and cinnamon together in a medium sized bowl.

Melt the butter over medium heat and pour into a large mixing bowl.

Using a large knife, cut the dough in half, then cut each half in half again, then each of those pieces in half a total of 6 times to get 64 roughly equivalent sized pieces. Form these into balls and stir them into the butter very gently. When the dough is mostly coated, pour the cinnamon sugar mixture in with the dough, and mix gently.

Pour the coated dough into a bundt pan and allow it to rise until it has doubled in size.

When it’s ready, put it in a 350 degree oven for 25 to 30 minutes. The top will be a dark golden brown, but not burned. Put a wire cooling rack inside a cookie sheet covered with foil. Using a butter knife, gently pry the top of the bread away from the side to make sure it does not stick to the sides. Immediately invert the pan over the rack. If it cools very long at all, the caramel gets sticky and hard quickly, and it will be nearly impossible to get it out of the pan. Be careful though, you don’t want molten caramel to be spilled on you!

As you can probably tell, you need to get up pretty early in the morning if you want it to be ready for brunch. An alternative is to prepare as directed above, and once all the ingredients are combined in the bundt pan, cover it with plastic wrap and place in the refrigerator overnight. In the morning, remove it from the refrigerator and place in a warm oven (around 120 degrees, no warmer) to warm up and rise to the size you want. If it raised a lot overnight, it may get too big and collapse, so put it in the oven right away. It may take 5-10 more minutes to cook, but at least you got to sleep in later!

If you enjoy the informality of this bread, like I do, you can change the toppings and have it for dinner:

$\frac{3}{4}$ cup Butter
 $\frac{1}{4}$ teaspoon Garlic Powder
 $\frac{1}{4}$ teaspoon Sage
 $\frac{1}{4}$ teaspoon Thyme

Prepare this the same way, and feel free to experiment with whatever spices you like. Write down what you tried on this page, so if it’s wonderful, you’ll be able to repeat it.