

STICKY CARAMEL ROLLS

Over the years I have learned many of life's most important lessons from my Dad, including the value of high quality sticky buns. According to my father, sticky rolls are good at any time of day, and suitable for virtually every occasion, so don't hold back! Here's to you Dad, I hope you enjoy them!!!

INGREDIENTS:

DOUGH: (½ sweet roll dough recipe)

¾ Cup Milk
¼ Cup Water
1 ½ teaspoon Yeast (1 packages)
¼ Cup Sugar
¼ Cup Shortening
1 Eggs
1 teaspoons Salt
3-3 ½ Cups Flour

FILLING:

½ Cup Brown Sugar, firmly packed
2 Tablespoons Sugar
2 teaspoons Cinnamon
½ Cup Pecans (optional) toasted and chopped

CARAMEL:

½ Cup Butter (½ stick) softened
1 Cup Brown Sugar, firmly packed
2 Tablespoon Karo Syrup (or light corn syrup of your choice)
6 Tablespoons Whipping Cream

DIRECTIONS:

Begin by making the dough. If you need detailed instructions, please see the Sweet Roll Dough recipe. Allow to rise until double. In the meantime....

Combine all of the ingredients for the filling in a small bowl and mix together, even the pecans if you want, but they are optional.

For the caramel, in a saucepan off the heat, combine the butter, brown sugar and syrup until the sugar is moistened. Bring to a boil over medium heat, stirring constantly. Once it comes to a boil, reduce heat and simmer for 5 minutes without stirring. If you are using a thermometer, you are looking for about 234 degrees. Pour in the cream and stir to mix. Continue to simmer for an additional 4 minutes or until the temp is back up to 234 degrees.

Pour the caramel mixture into a lightly greased spring form pan (my favorite) or a 9 X 13 cake pan and spread evenly, allowing it to cool completely.

Once the dough has doubled in size, roll out the dough on a lightly floured surface into a 14 X 12 inch rectangle. Brush the dough with a lightly beaten egg (not in ingredients list) right up to the edges and sprinkle on the sugar (and nuts if you must) mixture and spread evenly. Roll it up tightly from the long end, then push in the ends to make the dough "log" about 12 inches long. For ease of slicing, you can place the dough on a cookie sheet in the refrigerator for 30 minutes or in the freezer for 5-10 minutes. I find a very sharp knife does the trick without requiring refrigeration.

When ready, cut the roll into 4 even pieces, then cut each of those into equal thirds, so each piece is about 1 inch thick. Place the dough into your prepared (caramelized) pan, then press down the tops until the sides touch. Spray a piece of plastic wrap with Pam and cover. Let the buns rise until doubled, about 1-2 hours, or until the tops are about $\frac{3}{4}$ of an inch from the top of the pan.

Place a cookie sheet on a low rack in the oven, and another rack in the middle, then preheat to 375 degrees. The cookie sheet will help catch any drips which might sneak out and mess up your oven, and make the smoke detector go off...

When ready, place the buns on the middle rack, directly above the cookie sheet, and bake for 10 minutes. To keep the buns from browning too much, cover loosely with foil, then continue baking for 15-20 minutes, or until an instant read thermometer reads about 190 degrees.

When done, remove the pan from the oven and allow to cool for 2-3 minutes (do not wait longer or you will learn what it is like to work with molten concrete) then unmold them onto a serving plate or foil-lined counter. If any of the caramel sticks to the pan, scrape it off using a rubber spatula and apply it to the buns.

As always, these are best eaten fresh, but can be reheated loosely wrapped in foil in a 350 degree oven for 15 minutes, or wrapped in a damp paper towel and microwaved for 15-20 seconds.

Thanks Dad for teaching me the finer things in life!

