

# Sticky Buns

**SERVINGS:**

12 Sticky Buns

**OVEN TEMPERATURE:**

350 Degrees

**BAKE TIME:**

24 Minutes

## INGREDIENTS

### *For the Dough:*

1 Cup Warm Milk  
2 ¼ Tsp Active Dry Yeast  
¼ Cup Sugar  
1 Egg + 1 Egg Yolk  
¼ Cup Melted Butter  
3 ½ Cups All Purpose Flour  
¾ Tsp Salt

### *For the Caramel:*

½ Cup Melted Butter  
¾ Cup Brown Sugar  
¼ Cup Heavy Cream  
1 Tbsp Maple Syrup

### *For the Filing:*

½ Cup Melted Butter  
¾ Cup Brown Sugar  
1 Tbsp Cinnamon

## INSTRUCTIONS:

### **Dough:**

1. Combine the warm milk, sugar and yeast together in a bowl and let bloom for 5-7 minutes.
2. Once yeast has bloomed, add your eggs, butter, salt and flour into your bowl and knead for 5-7 minutes, or until the sides of your bowl are completely clean.
3. Cover your dough and allow first rise in a warm place (approximately 45 minutes- 1 hour).

### **Caramel:**

4. Combine the butter, brown sugar, cream and maple syrup into a pan and simmer on medium for 2-3 minutes stirring constantly. - Remove from element once done.

### **Shaping:**

5. After your dough has risen, roll your dough out to approximately 16" x 12" .
6. Spread the melted butter on your dough and sprinkle your cinnamon sugar mixture generously on top.
7. Cut your dough into 12 strips and roll tightly pinching the edges to avoid the rolls opening while in the oven.
8. Pour your caramel mixture onto a parchment lined baking dish spreading the caramel evenly, then place your rolls on top of the caramel.

### **Second Rise:**

9. Cover your rolls with a towel or plastic wrap and allow to rise until doubled in size.

### **Baking:**

10. Bake your rolls at 350 degrees celcius for approximately 24 minutes.
11. Let your rolls cool for 5 minutes before flipping them to expose that beautiful caramel layer.

Enjoy!

