

Maple Walnut Sticky Buns

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Dough

- 1 cup (113g) sour cream
- 2 tablespoons (28g) unsalted butter, soft
- 1/2 cup (50g) granulated sugar
- 1 teaspoon salt
- 2 teaspoons instant yeast
- 1/4 cup (57g) lukewarm water
- 1 large egg
- 4 cups (480g) King Arthur Unbleached All-Purpose Flour

Filling

- 3/4 cup (120g) maple sugar
- 3 tablespoons (43g) unsalted butter, very soft
- 1/8 teaspoon maple flavoring
- 1 1/2 teaspoons ground cinnamon
- 1 tablespoon Instant ClearJel
- 3 tablespoons (43g) heavy cream

Topping

- 1/4 cup (57g) butter
- 1/2 cup (5 1/2 ounces) maple syrup
- 1/2 cup (3 3/4 ounces) brown sugar
- 1/2 cup (2 3/4 ounces) maple sugar
- 1 cup (3 7/8 ounces) walnuts, optional

For the dough: Combine the dough ingredients in a large mixing bowl. Mix until you have a soft, smooth dough. Turn the dough out onto a lightly floured surface and knead for 5 minutes. Scrape out the mixing bowl, grease it, and return the dough to the bowl. Cover and let rise for 1 hour. You can also combine the dough ingredients in the pan of your bread machine; let it run through the dough cycle.

For the filling: While the dough is rising, make the filling. Combine the ingredients in a medium bowl until you have a spreadable paste. Cover and hold at room temperature until assembling the rolls.

For the pan and sticky topping: Grease a 9 x 13" pan. In a small bowl or saucepan combine the butter, syrup, and sugars. Melt over medium-low heat, stirring until the mixture is smooth. Pour it into the pan. If you're using chopped walnuts, sprinkle them evenly over the sticky mixture.

To assemble and bake: After the dough's first rise, deflate and roll it out to a rectangle 12" x 14". Spread the filling on the dough, going all the way out to the short sides. Leave a 1/2" strip of dough on the long edges bare.



Roll the dough up starting with an uncovered long side and pinch the seam closed; slice into 12 rolls. (Put a piece of dental floss under the dough, cross the ends over, pull to draw the floss through the log to slice through. You can also use a sharp knife, but you'll get better-looking rolls with the floss.

Place the rolls cut side up on top of the sticky mixture in 4 rows of 3 rolls apiece. Cover the pan with greased plastic wrap and let the rolls rise for 30 to 40 minutes while you preheat the oven to 350°F.

To bake: Uncover the rolls and bake for 32 to 36 minutes (?), until puffy and golden brown. Remove the rolls from the oven and place a serving tray on top. Flip the trap and pan over and let sit for a few minutes, so the sticky stuff can flow over them. Remove the baking pan and scrape out any stray topping, placing on the rolls where needed. Cool for 5 to 10 minutes before eating (you won't be able to taste how fabulous they are if you burn your mouth! Yield: 12 rolls