

# Sticky Buns

## Ingredients

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1 1/4 c Milk (hot)  
1/4 c Warm Water  
2 1/4 t Yeast (or 1 packet)  
1/2 c Sugar  
1 Egg (room temperature)  
16 T Unsalted Butter (melted)  
4 1/4 c Flour  
1 t Salt  
1 1/4 c Brown Sugar  
2 T Ground Cinnamon  
1/2 c Golden Syrup  
2 T Heavy Cream

## Instructions

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1. In a small bowl, dissolve yeast in warm water and set aside. In a bowl of a standing mixer with a dough hook add milk, 1/4 cup sugar, 4 tablespoons melted butter, salt and egg. Turn the mixer on to low and mix well.

2. Add 2 cups of flour and turn on the mixer to mix until smooth. Add yeast mixture then add in remaining flour. Turn on mixer and mix until dough is easy to handle.

3. Turn mixer to medium to knead dough for 10 minutes. Place dough in an oiled bowl, cover and let rise until doubled in size, usually 2 - 3 hours.

4. Add 4 tablespoons butter, 1 cup brown sugar and golden syrup in a saucepan over medium heat, stirring until melted and the mixture is bubbling.

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Remove from heat, add the cream, mix well to combine. Pour into a 9-x-13-inch pan lined with parchment paper and set aside.

5. In a small bowl mix 4 tablespoons melted butter, 1/4 cup sugar, 1/4 cup brown sugar and cinnamon. Set filling aside.

6. When dough is ready, punch down. Roll out on a floured surface into a 15 by 9-inch rectangle. Spread the filling over the rolled dough and then beginning at the 15-inch side, roll up the dough and pinch edge together to seal. Cut into 12 slices.

7. Place the sliced buns into the pan with the sauce (about 2 inches apart) and let rise until they have doubled (about 45 minutes to an hour).

8. Preheat oven to 350 degrees. Bake for 20 – 30

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minutes or until golden brown. Let cool in the pan for 5 minutes before carefully flipping onto a serving tray and serve warm, sticky-side-up.