

2018 PA STICKY BUN CONTEST
Winning Recipes

1st Place

Marel King - Dauphin County

Pecan Stick buns

Dough:

1tsp Sugar
1 Packet Active Dry Yeast
½ C Warm Water
½ C Milk
¼ C Sugar
1 Stick Butter, Melted
1tsp Salt
2 Eggs, Beaten
3 C Flour

Syrup:

1 Stick Butter
1pt. Turkey brand table syrup by Good Food, Inc
1 C Granulated Sugar
1 C Brown Sugar
1C Chopped Pecans, Divided

Filling:

¼ C Butter, Melted
½ C Cinnamon Sugar
½ C Chopped Pecans

Instructions:

In large mixing bowl, dissolve sugar and yeast in warm water. Let stand for ten minutes. In separate bowl, combine melted butter, milk, 1/4 C Sugar and Salt. Add milk mixture, eggs and half the flour to the yeast mixture. Mix Well. Add remaining flour and stir until flour is incorporated. Turn out dough onto floured surface and knead for eight minutes. Place into large greased bowl. Cover and let rise for 1 ½ hours.

Preheat oven to 350 Degrees

In Small saucepan, melt 1 stick butter. Add TURKEY syrup and 2C Sugar. Bring just to boiling, stirring continuously. Remove from heat. Pour evenly into two 8x8 baking pans. Sprinkle ½ C pecans over syrup in each pan.

On floured surface, roll dough into a large rectangle, approx. 15" X 18." With a pastry brush, apply melted butter to surface of the dough. Sprinkle cinnamon sugar and then ½ C pecans over buttered dough. Roll-up dough from long edge to form a long roll. Cut rolled dough into 18 slices. Arrange rolls, cut side down, in baking pans.

Bake at 350 degrees for 30 minutes.

Cool 10 minutes and then invert rolls onto serving tray.

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2nd Place

Frank Reinoehl- Schuylkill County

Butterscotch Pecan Sticky Buns

Dough:

1 pkg Active Dry Yeast
¼ C Warm Water
¼ C Lukewarm Milk
¼ C Sugar
1tsp Sugar
1 Egg
¼ C Shortening
3 C Flour

Dissolve the yeast in warm water. Stir in milk, sugar, salt, egg, shortening and 1 ½ C flour. Beat until Smooth. Mix in enough remaining flour to make dough easy to handle. Turn dough onto floured board and knead until smooth and elastic about 5 minutes. Place in greased bowl, turn greased side up. Cover and let rise until double. Punch down dough. Roll into a rectangle, 15 inches by 19 inches.

Filling

2 T Butter, Melted
¼ C Sugar
2tsp Cinnamon

Spread melted butter on rectangle. Mix sugar and cinnamon together and sprinkle on top of butter. Roll up like jelly roll. Cut into 12 slices.

Syrup:

½ C Butter
¼ C Sugar
¼ C Brown Sugar
¼ C Golden Barrel Corn Syrup
2 T Whipping Cream
½ C Chopped Pecans

Melt butter and add sugars and corn syrup. Remove from heat and stir in the cream. Pour into 8inch greased pan. Place the rolls on top of syrup. Cover and let rise until double. Bake at 350 degrees for 25 minutes. Remove From oven and invert onto serving plate.

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3rd Place

Tonya Sherry - Schuylkill County

Pineapple Upside down sticky buns

Dough:

1 C Warm Water

2 pkg Yeast

½ C Sugar

1/3 C Instant Dry Milk

2 Eggs

½ C Butter

1tsp Salt

5 to 5 ¼ C Flour

Combine water, yeast and sugar in a bowl. Let stand 5 minutes. Add dry milk, eggs, butter, salt and 2C flour. Beat until smooth. Add rest of flour gradually until a soft bowl forms. Knead 5 minutes. Place in greased bowl and cover and let rise until double. Punch down dough and divide in half.

Filling:

1/3C Brown Sugar

1 ½ tsp Cinnamon

2T melted butter or margarine

Combine cinnamon and brown sugar. Roll out dough to a 12 by 10inch rectangle. Spread melted butter over dough and sprinkle brown sugar mixture over top. Roll the dough and sprinkle brown sugar mixture over top. Roll the dough from long edge to form a log. Cut rolled dough into 1inch slices.

Glaze:

½ C Golden Barrel Corn Syrup

1 C Brown Sugar

3 T Butter

¾ C Pecans

1C Crushed Pineapple

Mix together butter, corn syrup and brown sugar. Heat until boiling. Grease 2 8" cake pans. Spread half the pineapple in each pan. Place pecans in pan. Pour half the syrup over the pineapple and nut mixture. Place sliced rolls on top of syrup. Bake at 350 degrees for 20-25 minutes. Invert Immediately. Serve warm or at room temperature.

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4th Place

Lorrie Rauch - Lehigh County

Roasted Pecan and Apple Sticky Buns

Dough:

2C Whole Milk

½ C Canola Oil

½ C Sugar

1tsp King Arthur Boiled Apple Cider

1 pkg Active Dry Yeast

4C Flour

In cooking pan, add milk, oil, sugar and apple cider. Heat ingredients to steam but do not boil. Allow to cool to lukewarm temperature. Add yeast and mix to dissolve. Add flour and mix to form dough. Place on warm surface and cover with towel to rise dough for 1 hour.

½ tsp Baking Soda

½ tsp Baking Powder (Heaping)

2 tsp Salt

½ C Flour

Mix ingredients into dough and then allow dough to rise for 1 hour.

Caramel Topping:

½ C Butter

1 ½ C Packed Dark Brown Sugar

1T Golden Barrel Dark Brown Corn Syrup

2 T Cream

Add butter, brown sugar, corn syrup and cream. Melt ingredients and heat to boil for a few seconds. Remove from heat and transfer to a measuring glass to determine what volume was made. Pour ½ volume of caramel topping into 8"x 8" pan sprayed with cooking spray. Repeat same procedure with 2nd pan. Allow to cool and thicken.

Apple Layer between caramel/ chopped pecans and dough
(recipe for ½ dough and caramel topping)

1 Cortland Apple

2T Sugar
1 tsp King Arthur Boiled Apple Cider
Pinch of Cinnamon

Peel and pre-cook the apple. Then thinly slice. Add ingredients and mix.

Assemble and Bake

½ C Chopped roasted pecans (roast whole in oven at 320 degrees for 8 minutes, cool then chop pecans)
1 ½ T Cinnamon
½ C Sugar
1/3 C Butter (Melted in pan)

Evenly sprinkle chopped pecans on top of caramel topping. Place Apple mixture evenly on top of chopped pecans. Roll out ½ of dough into a large rectangle. Use brush to coat surface with 1/3 C melted butter and sprinkle a mixture of 1 ½ T Cinnamon and ½ C sugar. Roll Dough into a log and slice into ~ 2" sections. Place 9 rolls on top of pecan/ apple layer. Place pan on warm surface and cover with towel. Allow to rise for up to 1 hour or until all buns touch (no Spaces.) Bake at 375 degrees with foil covered for 30 minutes, then 5 minutes with partial covering of outside buns (middle buns not covered) then 5 minutes without foil. Remove from oven and invert on cardboard after allowing to cool for up to 1 hour. Repeat for second half of dough and caramel topping. Enjoy!

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5th Place

Jennifer Konupha - Lancaster County

Cranberry White Chocolate Sticky Buns with Pecans

Dough:

1 pkg. active dry yeast
1C Warm Water
½ C Melted Butter
¼ C Sugar
1tsp Salt
3-3 ¼ C Flour

Sauce:

½ C Butter
1 C Brown Sugar
3 T Golden Barrel Maple Syrup
1 C Chopped pecans

In Sauce pan combine butter, sugar and maple syrup. Cook 3 minutes. Pour into greased pan.

Filling:

½C Butter, Softened
¼ C Packed Brown Sugar
1tsp Ground Cinnamon
½ Pkg White Chocolate Chips
½ C Dried Cranberries
½ C Chopped Pecans

Dissolve yeast in warm water. Add butter, sugar, salt 2 ½ C flour ~ Beat until smooth. Stir in remaining flour. Turn out- Knead 6 to 8 minutes. Put in greased bowl. Cover let rise until it doubles in size. Roll out to 10 x12 rectangle. Combine butter, brown sugar, and cinnamon. Spread over dough. Sprinkle with Chocolate chips, cranberries and pecans. Roll up slice place in prepared pan. Cover- raise for 45minutes. Bake 350 degrees for 30-35 minutes or until brown.

Glaze:

1C Confectioner's Sugar
1tsp Vanilla
5T Heavy Whipping Cream

Mix the Glaze- drizzle over rolls.

