Maple Sticky Buns

Yield: 8 sticky buns
Preparation Time: About 3.5 hours (including rising time)
Baking Time: About 35 minutes

Ingredients:	Equipment:
Bread: • 1 tsp (5mL) dry yeast • 2 Tbsp. (30mL) ukewarm water • 2 3/4 cups (675mL) all purpose flour • 1 tsp (5mL) salt • 1 cup (250mL) milk • 1 egg • extra flour, for working dough Syrup: • ½ cup (125mL) butter • 1/4 cup (50mL) brown sugar • 2 Tbsp (30mL) maple syrup • 1/4 cup (50mL) chopped pecans • 1 Tbsp (15mL) butter, to grease pan Filling: • 1/4 cup (50mL) brown sugar • 1 tsp (5mL) cinnamon • 2 Tbsp (30mL) soft butter • 3/4 cup (175mL) raisins	* measuring cups and spoons • liquid measuring cup • 3 small bowls • large bowl • rolling pin • small pot • rubber spatula • 20cm (8") baking pan (round or square) • wooden spoon • plastic wrap • sharp knife or pastry cutter • dinner plate

Method:

1. Measure the lukewarm **water**. Dissolve the **yeast** in the water.
2. Measure the **flour** and put in a large bowl. Make a well in the flour.
3. Sprinkle the **salt** around the edge of the flour.
4. Pour the **water and yeast** in the well. Add the **milk.**
5. Crack the **egg** into a small bowl then pour into the well.
6. Mix the liquids with the flour until a dough starts to form.
7. Put the dough on a lightly floured work surface. Flour your hands and knead the dough about 10 minutes, until the dough is soft and smooth. Add flour when needed so the dough doesn't stick but the dough will be moist.

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8. Wipe out the large bowl, then put a few drops of vegetable oil in it.
9. Put the ball of dough into the bowl, swish it around then flip it over. Cover the bowl with plastic wrap or a tea towel and put it in a warm place to rise for about 1 ½ hours. The dough will double in size.
10. Grease baking pan with 1 Tbsp (15mL) butter.
11. Put the **pecans** in a Zip-lock bag, press the air out and seal. Gently press on the bag with the bottom of a pot to break the nuts into pea-sized pieces. Put in a small bowl.
12. While the dough is rising, melt the syrup ingredients together in a small pot: the **butter**, **brown sugar** and **maple syrup**. Melt until smooth and glossy then pour into the greased baking pan. Press the **pecans** into the syrup. Put aside for now.
13. When the dough has risen, place the dough on a well-floured work surface. Pat it out into an oval, then with a rolling pin, roll it into a rectangle 30cm x 25cm. Let rest 5 minutes.
14. Spread the **soft butter** for the filling on the dough rectangle, leaving a 3cm border along one *long* edge.
15. Sprinkle with the **brown sugar, cinnamon and raisins**.
16. With the long side facing you and the long side without any butter farthest away from you, roll the rectangle up tightly. Pinch the seam together with your thumb and forefinger. Pinch it again.
17. Cut into 8 equal pieces using a sharp knife.
18. Place the buns, cut side up into the pan with the syrup. Place the buns side by side.
19. Cover loosely with plastic wrap or tea towel and let rise for about 1 hour, or until almost doubled.
20. Preheat the oven to 175C (350 F).
21. Place the pan on a parchment-lined baking sheet and bake for about 35 minutes, until golden brown on top.
22. Remove from the oven and cool for 5 minutes, then run a knife around the side of the pan to loosen the rolls. Put a plate on top of the pan. Using hot mitts, carefully flip the pan and plate over. The top of the buns will have a gooey syrup on top. Scape any syrup left in the pan and put it on top of the buns. Be careful, the syrup will be hot.
23. Eat warm and lick the gooey syrup off of your fingers.

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