



Mother's Sticky Buns

Martha Potter McKee's delicious sticky buns. Her daughter Leigh Turben shared this treasured recipe

Sticky Bun's Yeast Dough

Yeast Sponge

1/4 cup lukewarm water (100 to 110 degrees F)

1/4 cup flour

1 packet (2-1/4 teaspoons) dry yeast

1 teaspoon granulated sugar

Dough

3 to 3-1/8 cups all-purpose flour, divided, as needed

1 cup warm water (100 to 110 degrees F.)

1 Tablespoon granulated sugar

1 teaspoon salt

1-1/2 tablespoons shortening (Crisco vegetable shortening)

Sticky Bun Topping

1/3 cups butter.

1 cup brown sugar (light or dark), firmly packed.

1/2 cup and 3 Tablespoons water

Sticky Bun Filling:

1/2 cup granulated sugar
2 teaspoons ground cinnamon
2 Tablespoons soft unsalted butter

Prepare Yeast Sponge:

In a small bowl, stir yeast sponge ingredients together to make a sponge, and let rise until bubbly, about a 1/2 hour. Set it aside.

Prepare Dough:

Add 2 cups all-purpose flour, warm water, granulated sugar, salt, shortening, and yeast sponge mixture; mix on medium speed for 5 minutes. Scrape down bowl; add 1/2 cup more flour; beat for 3 minutes. Scrape down bowl. Change mixing paddle to kneading; slowly add 1/2 cup flour or as needed; mix to combine until dough is soft but not sticky and able to be handled easily.

1st Rising:

Place dough in greased bowl. Cover lightly with piece of plastic wrap. Place in warm place or warming drawer; let it rise until double, about 1 hour; punch dough down.

Preparing Sticky Bun Topping While Dough is Rising,

In a medium saucepan, melt butter; add brown sugar to combine; stir in water until syrupy, about 5 minutes. If desired, foil line your pan for easier bun removal. Evenly spread into greased 9x13-inch nonstick baking pan. Set aside.

Make Cinnamon Filling: In a small bowl, whisk together the sugar and cinnamon.

Form Sticky Buns:

Roll out 1/2 of prepared dough to about 9 x15-inches; spread soft butter over dough; Sprinkle sugar cinnamon mixture evenly over the dough, leaving an uncovered strip about 1" wide along one long end on bottom of the rectangle.

Roll up dough, starting from the wide side on the bottom. The dough is very soft, use the pastry mat to help roll up the dough. With a sharp knife or scissors, slice into equally sized 15 rolls. Reshape rolls after cutting if necessary. Place rolls cut side down in the brown sugar syrup in 13x9-inch pan.

2nd Rising:

Set lightly covered sticky bun pan in warm place or warming drawer to rise about 45 minutes or doubled in size and light and puffy. Preheat oven to 350 degrees F.

Bake Buns:

Bake in 350-degree F. oven for 25 to 30 minutes or golden brown.

Loosen sides; invert rolls onto parchment paper lined baking sheet. It is important to only let buns rest about 2 minutes; then invert onto parchment paper Let cool.

Yield: 15 sticky buns

Recipe by: *Martha Potter McKee; Her daughter Leigh Turben shared this treasured recipe*

Mother's Hint: Best while eaten warm, but also heat-up beautifully.

Note: We adapted the recipe to make a smaller amount.

About the Recipe: Sticky buns are popular breakfast treats that are filled with cinnamon/sugar flavor and covered with a caramel glaze that sometimes include chopped pecans. The buns bake on top of the “sticky” sweet liquid that creates a caramelized topping after they are baked. The sticky buns can be made ahead to serve for special occasion brunches, breakfasts, or desserts. This recipe is special since the sauce drizzles right into the sweet buns creating a moist topping layer. So yummy!