

The Kitchen Club: Sticky Buns!

Sunday, March 6 10:00 AM MT

Zoom link: <https://us02web.zoom.us/j/86537622305?pwd=aUZ5L3FGGeWE2S01IUFZpc0g4V080Zz09>

Meeting ID: 865 3762 2305

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Wasp Nest Sticky Buns

I was inspired to make these by a Ukrainian food writer named Olia Hercules, who lives in the UK. She has a recipe called wasp nest buns, but after rolling her dough out she sprinkles it with white sugar and ground nuts, and it isn't given any rising time (before or after it's shaped) so the rolls are very dense—and you might like it that way! I did them a little differently, and gave them a bit of rising time so they're lighter. These are not very gooey sticky buns—if you want some goo in the bottom of your pan, warm about 1/4 cup butter, 1/2 cup packed brown sugar, and 2 Tbsp each syrup (corn, golden or maple) and water and pour it over the bottom of the pan before you put in the buns. And if you want to do a savoury version of these, you could omit the brown sugar and cinnamon, and spread the dough with garlic butter and sprinkle it with cheese (I'd do grated extra old cheddar or Gouda, and maybe some Parmesan) before rolling it up and cutting! (You could leave the sugar out of the dough too, though there isn't much, and a bit of sweetness would be good with the cheese!)



1 cup milk, warmed
2 Tbsp sugar
2 tsp active dry yeast (preferably quick or instant, but it doesn't matter)
3 1/2 cups all-purpose flour, plus extra for rolling
1/2 cup butter, softened (divided)
1 large egg
1 tsp salt
1/2 cup (approximately) brown sugar
cinnamon

Glaze:

1 Tbsp butter
1 Tbsp honey or syrup

Put the milk into a large bowl — the bowl of your stand mixer, if you're using it — and add the sugar and yeast. Let sit for a minute, to let the yeast dissolve. (If you're not sure whether or not it's active, leave it alone and see if it foams after about 10 minutes.)

Add the flour, half of the butter (1/4 cup), the egg and salt and stir (use the dough hook, if you're using a stand mixer) until the dough comes together. Knead until the dough is more smooth and elastic — it should be quite tacky.

Let the dough rest for 15-20 minutes, then roll it out very thin, flouring the countertop if you need to. Make sure the remaining butter (1/4 cup) is very soft, or you could melt it. Brush it all over the dough (if it's melted), or spread it over with a spatula or your fingers (if it's soft). Sprinkle with brown sugar and spread it evenly over the dough. Sprinkle with cinnamon.

Roll the dough up however you want, and cut it into about 1 1/2-inch slices. Don't worry if some are big and some are little—they'll look more charming that way. Arrange them in a buttered or greased 10-inch baking dish or skillet, or a 9x13-inch baking dish. (You could also line it with parchment paper.) Cover with a tea towel and leave on the countertop for half an hour to an hour. (You could leave them longer, they'll just get puffed!) At some point while they're waiting, preheat your oven to 350°F, and bake them for 20-30 minutes, until nice and golden.

Melt the butter and honey in a small dish and brush all over the buns while they're still warm. Makes about a dozen buns.