



YIELD: 20 BUNS

Brown Butter Baklava Sticky Buns

JANET GILL, CANTON, OHIO
 2023 National Festival of Breads
 Go Nuts Category Honorable Mention

INGREDIENTS

BROWN BUTTER

1¼ cups unsalted butter, cut in
 tablespoons

TANGZHONG

3 tablespoons whole milk
 3 tablespoons water
 2 tablespoons KING ARTHUR®
 Unbleached All-Purpose Flour

DOUGH

4¼ - 4½ cups KING ARTHUR®
 Unbleached All-Purpose Flour
 1 (¼-ounce) package RED STAR®
 Platinum Superior Baking Yeast®
 1 teaspoon salt
 1 cup whole milk
 ½ cup honey
 1 large egg, room temperature

FILLING

½ cup finely chopped walnuts
 ½ cup finely chopped unsalted
 pistachios
 ⅔ cup granulated sugar
 1 tablespoon ground cinnamon

TOPPING

3 tablespoons whole milk
 3 tablespoons honey
 ½ cup granulated sugar
 ½ teaspoon freshly grated orange
 zest
 ½ teaspoon pure vanilla extract
 Chopped pistachios and walnuts,
 optional garnish

DIRECTIONS

- For brown butter:** In medium, light-colored saucepan over low to medium heat melt butter, stirring constantly. The butter will foam, flecks will form and quickly darken (about 10 minutes). When flecks become a medium brown and have a nutty aroma, immediately pour butter into heatproof bowl and set aside. Each time it is used in recipe, stir well to distribute brown flecks.
- For tangzhong:** In saucepan, whisk milk, water and flour until no lumps remain. Whisk and cook over medium heat until thick; set aside to cool slightly.
- For dough:** In the bowl of stand mixer fitted with paddle, combine 4¼ cups flour, yeast and salt. In microwavable bowl, heat ⅓ cup brown butter, milk and honey to very warm, 120°F - 130°F. Add this mixture, tangzhong and egg to bowl. Mix on low 1 minute until well combined. Exchange paddle for dough hook and begin kneading. If needed, add a tablespoon of additional flour at a time, until dough cleans sides of bowl. Dough should feel tacky. Knead 8 - 10 minutes, or until smooth and elastic. Place dough in greased bowl. Cover; let rise until doubled, about 1 hour. Prepare filling while dough rises.
- For filling:** Remove ⅓ cup brown butter for topping and set aside. In medium bowl, combine filling ingredients with remaining brown butter to form a crumb mixture.
- Line two large 14" x 16" cookie sheets with parchment paper.
- Deflate dough and divide in half. If needed, lightly flour work surface, and roll half of dough into an 8" x 16" rectangle. If the filling has cooled and formed clumps, break it up with fork. With long side facing you, sprinkle ¼ of filling evenly over the middle ⅓ of dough. Fold the right ⅓ of dough over the filling. Sprinkle ¼ of the filling over top, then fold left side of dough over and pinch all edges together. Roll filled dough to a 10" x 10" square. Cut into 10 one-inch strips.
- To form buns, hold each end of a strip and twist several times in opposite directions. Coil twisted strip of dough around itself forming a circle and tuck end under roll. Place buns 2" apart on prepared baking sheets. Cover with plastic wrap; repeat with remaining dough. Place in warm place to rise until doubled, or finger indentation remains when dough is touched, 30 - 40 minutes. Make topping while rolls are rising. Preheat oven to 350°F.
- For topping:** In a small saucepan, add the reserved ⅓ cup brown butter, milk, honey, sugar and orange zest. Stirring frequently, bring to a boil over medium heat and cook 1 minute. Remove from heat and stir in vanilla. Set aside to cool and thicken slightly.
- Bake rolls until light golden brown, 15 - 20 minutes. Remove from oven. Generously brush rolls with topping. If desired, sprinkle on nuts for garnish. Return to oven and bake 3 - 5 minutes until rolls are golden brown and internal temperature is 190°F - 195°F. Transfer to wire rack.

NUTRITION INFORMATION PER SERVING (1 BUN, 91g): 330 calories, 15g total fat, 8g saturated fat, 0g trans fat, 40mg cholesterol, 125mg sodium, 43g total carbohydrate, 2g dietary fiber, 20g total sugars, 6g protein, 6mcg folate, 0mg vitamin C, 0mg iron.