

Pecan Sticky Buns (using pizza dough)

Author: Sara's recipe (our younger daughter) that she's adapted from an ancient Better Homes & Gardens magazine



BASE:

- 1/3 cup brown sugar
- 3/4 cup heavy cream
- 1 cup pecans, left whole

DOUGH:

- 1 pound pizza dough (raw, readymade)
- 4 tablespoons unsalted butter, melted
- 1/3 cup brown sugar
- 2 teaspoons cinnamon

Per Serving (excluding unknown items): 389 Calories; 25g Fat (55.5% calories from fat); 5g Protein; 39g Carbohydrate; 2g Dietary Fiber; 46mg Cholesterol; 16mg Sodium.
Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Description: Very simple breakfast bread using prepared raw pizza dough

Notes: If you don't have pizza dough, use a frozen bread dough (defrosted) instead.

1. In the bottom of an 8x8 pan, add the brown sugar and heavy cream. With a spoon stir it together until mostly mixed.
2. Sprinkle the top with the pecans and set aside.
3. Preheat oven to 350°.
4. Using extra flour to keep down the stickiness, spread the pizza dough into a rectangle (about 10 x 14 approx).
5. Melt the butter in the microwave and using a pastry brush, brush the butter over the dough, leaving a 1/2 inch border around all 4 edges. Reserve just a bit of butter to add later.
6. Mix the brown sugar and cinnamon in a small bowl and sprinkle (use a spoon, it's easier) all over the dough, still leaving the border around the edges. Roll up the dough from the long side, and attempt to seal the edge with water, if possible. Using a serrated knife, cut the dough roll into 12 equal pieces. Place the pieces over the base, leaving space between each bun so they have room to spread and rise. Brush the tops with any of the remaining butter. Cover lightly and allow to rise about 30 minutes (or more if you have time).
7. Bake for 25-30 minutes or until golden brown on top. If the tops aren't brown, turn on the broiler for just a few minutes - that's all it will need. Watch that it doesn't burn.
8. Allow to cool at least 5 minutes. You can turn the entire pan over onto a serving plate, or use a spatula to serve each bun with some of the bottom sauce drizzled over the top.