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For the dough

3 3/4 cup Flour
2 tsp Salt
1/2 tsp Baking Powder
1/2 tsp Baking Soda
1/2 cup Sugar
2 Eggs
1 cup Milk
1/4 cup Vegetable Oil
1/2 cup Butter (soft)
1 tsp Vanilla Extract
1 pkg (8g) Active Dry Yeast
2 tbsp Water
2 tbsp Sugar
A greased 9x13 glass baking dish

Mix dry yeast, 2 tbsp of sugar and 2 tbsp of lukewarm water in a small bowl. **Let sit to bloom for 10 minutes.**

Using your stand mixer and dough hook, mix all dry ingredients until combined, then add all of the remaining ingredients including the yeast mixture.

Mix on medium speed for **7 minutes**, and a smooth dough forms.

Put your dough in an oiled bowl and cover with cling film or a tea towel, and leave to proof for 1 - 2 hours (until doubled in size) in a warm area

After it has risen, make your caramel

Sticky Bun Caramel (goes in the bottom of the glass baking dish before the rolls go in)

3 tbsp Cream
1 cup Brown Sugar
1/4 cup Butter
1/4 cup Maple Syrup
Salt to taste

Bring all ingredients to a boil over medium heat.

Boil for 2 minutes while **stirring continuously**.

After 2 minutes, remove from heat and allow to cool slightly before using.

Then pour into the bottom of your glass baking dish

(I added a bunch of chopped pecans after pouring in the caramel yum!)

Sticky Bun Filling (goes on top of the dough before you roll it)

1/3 cup Butter (melted and cooled slightly)
1/2 cup Sugar
3/4 cup Brown Sugar
Cinnamon to taste

After the dough has risen, place it on a lightly floured large cutting board or counter. It's pretty soft dough, so add a bit of flour on top. Roll it out with a rolling pin into a rectangle, about 3/4 inch thick. approximately 2 hands high x 3 hands wide. Pour melted/cooled butter over the dough completely. Keep the top inch with only butter for sealing the roll later. Sprinkle white sugar over it all, then the brown sugar, then sprinkle very generously with cinnamon and press it down gently all over.

Start rolling the dough along the long side, the buttered inch should be at the top and rolled last. Roll it tightly, by pulling the dough slightly toward you as you roll. Get a serrated knife and cut the ends off, not needed. Cut the roll dough in half, then each of those pieces into half, then each of those pieces into thirds. Place rolls on top of the caramel mixture in your glass dish, 4x3.

Cover with plastic wrap and let this sit for 1 hour.

Then bake at 350F for approx 30 - 40 mins

Take them out of the oven and let them cool for about 20 minutes, then flip them out onto a cookie sheet or large cutting board with parchment for easy clean up.