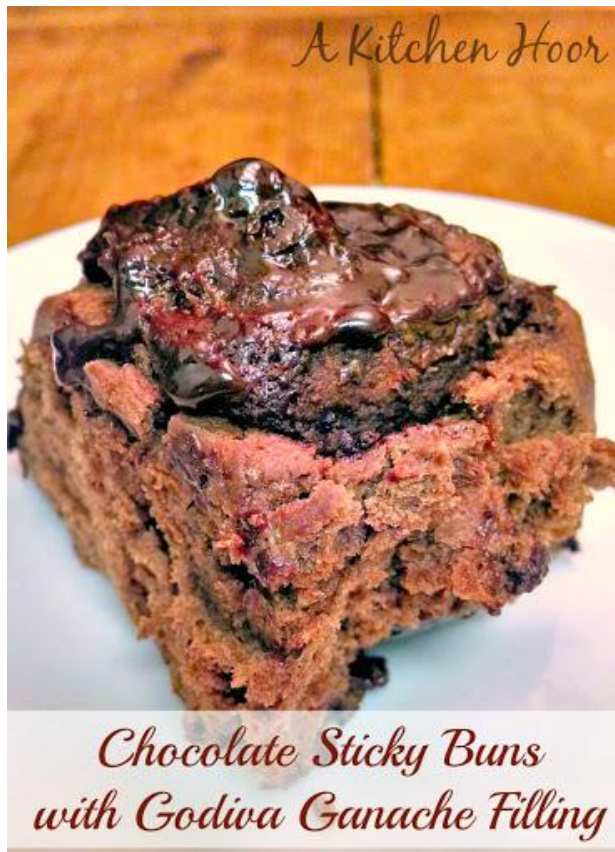


Chocolate Sticky Buns with Godiva Ganache Filling

Recipe by A Kitchen Hoor (@AKitchenHoor)



Ingredients

For Buns:

- 2 cups whole wheat flour
- 4 cups unbleached all-purpose flour
- 2 packets active dry yeast (about 4 1/2 teaspoons)
- 1/2 cup sugar
- 1/2 cup cocoa powder
- 2 tablespoons vital wheat gluten
- 1 cup egg substitute
- 1/2 cup butter melted and cooled
- 4 ounces semi-sweet chocolate
- 1 1/2 cups milk
- 3/4 cup brown sugar
- 1 teaspoon cinnamon

For Filling:

- 1 cup dark chocolate, chopped
- 3 ounces chocolate liquor (Godiva)
- 1 tablespoon heavy cream

Cooking Directions

1. Place the whole wheat flour, 2 cups all-purpose flour, yeast, sugar, cocoa powder, vital wheat gluten, and salt in the bowl of a stand mixer fitted with the dough hook. Stir a few second to combine.
2. In a microwave safe bowl, heat the butter and chocolate on high one minute. Stir. If the chocolate isn't melted, continue to heat at 30 second intervals until completely melted. Set aside to cool.
3. In a small bowl, combine the egg and milk. Stir well to combine. Once the chocolate has cooled slightly, add it to the milk mixture, stirring constantly, until completely combined.
4. With the mixer on low, combine the wet ingredients with the dry ingredients. Mix until combined.
5. Slowly add additional flour as needed, 1/4 cup at a time until the dough begins to form. It will be soft, but stringy.
6. Spray a large mixing bowl sprayed with cooking spray and add the dough. Allow to rest, covered, for 2 hours. Refrigerate at least 4 hours or overnight.
7. While the dough is resting, make the filling. Combine the chocolate with the liquor an heavy cream in a microwave safe bowl and heat on high 1 minute. Stir to combine. If the chocolate is not completely melted, heat at 30 second intervals until completely melted. Allow to cool in the refrigerator until the dough is ready.
8. Lightly dust your work surface with unbleached, all-purpose flour. Turn the dough out and allow to deflate. Divide the dough in half. Reserve the second loaf for another use. (Can be refrigerated up to 5 days, or frozen for up to 2 weeks.)
9. Roll the dough out to a 10 by 13 rectangle. Sprinkle with the brown sugar mixture. Drop the chilled filling mixture on top of the brown sugar. Roll tightly and allow to rest 5 minutes.
10. Using dental floss or sewing thread, cut the pieces into 12 slices. Place the slices into a 9 inch square baking dish coated with cooking spray. Allow to rise 30 minutes.
11. Bake at 350 for 30 to 40 minutes or until lightly brown. Cool slightly before serving. Top with any remaining chocolate in the bottom of the pan, because you won't want to waste any of that Godiva chocolately goodness.