

## Dog Team Tavern Sticky Buns

---



Submitted by Bonnie Sanborn

Any of us that ate at the Dog Team in Middlebury, VT remembers the amazing sticky buns. I make them every Christmas.

f t G+ @

Tags : Medium Break Fast

Serves 12
-----------

Prep Time 1 hour
------------------

Total Time 3 hours
--------------------

---

### NUTRITIONAL FACTS

Amount per Serving ( 12 total )

---

Calories Don't ask

Fat

Carbohydrate

Protein

---

### INSTRUCTIONS

Step 1 :

Boil potatoes until tender in 2 cups water.

---

## INGREDIENTS

### What You Need

¾ pound potatoes, peeled and cubed

¼ pound butter at room temperature

2 ¾ cups sugar

1 ½ teaspoons salt

1 package active dry yeast

2 eggs well beaten

7 cups all purpose flour

1 ½ cups packed light brown sugar

1 ½ cups chopped walnuts or pecans

½ pound (2 sticks) butter, melted

¼ cup ground cinnamon

---

Step 2 :

Drain potatoes, reserving 1 ½ cups of the liquid.

---

Step 3 :

Mash potatoes.

---

Step 4 :

Stir together 1 cup of the mashed potatoes, ½ cup of the sugar and the salt.

---

Step 5 :

Allow mixture to cool to lukewarm.

---

Step 6 :

Add yeast, eggs and the reserved cooking liquid, mixing well.

---

Step 7 :

Add flour to form a wet sticky dough

---

Step 8 :

Knead on a lightly floured surface until dough is smooth and elastic.

---

Step 9 :

Place in a lightly oiled bowl.

---

Step 10 :

Let rise in a warm place until doubled in bulk (about 1.5 hours)

---

Step 11 :

Punch down and refrigerate until chilled, about 1 hour

---

Step 12 :

Butter two 13x9 pans.

---

Step 13 :

Spread brown sugar thickly on the bottom of the pans.

---

Step 14 :

Pour enough water on the brown sugar to form a thick, wet paste.

---

Step 15 :

Place walnuts or pecans on brown sugar paste.

---

Step 16 :

Roll out the dough into a ½ inch thick rectangle on a well floured surface.

---

Step 17 :

Stir together the remaining 2 ½ cups sugar and cinnamon.

---

Step 18 :

Combine the sugar mixture and the very soft butter.

---

Step 19 :

Spread butter mixture thinly over dough, leaving a strip along one long edge free.

---

Step 20 :

Roll up dough, starting at the long edge opposite the clean edge.

---

Step 21 :

Seal the roll by pinching and pressing the clean edge into the dough.

---

Step 22 :

Cut the roll in half and then cut with knife into 1 ½ inch slices.

---

Step 23 :

Arrange slices cut side up in the pans so they are almost touching.

---

Step 24 :

Cover and let rise in a warm place until doubled in bulk, about half an hour.

---

Step 25 :

Preheat oven to 350F.

---

Step 26 :

Bake sticky buns until golden brown, 20 to 30 minutes.

---

Step 27 :

IMMEDIATELY, un mold sticky buns onto cookie sheet or plate.

---