

Iowa State Fair Blue Ribbon Pecan Sticky Rolls

Yield: 12 rolls

Shared by: Been There, Loved That Travel (www.beenthere-lovedthattravel.com)

INGREDIENTS

Dough

- 1 package yeast
- 1¾ cups warm water
- ⅓ cup sugar
- ¼ cup shortening
- 1 egg
- ½ tablespoon salt
- 4½–5 cups all-purpose flour

Cinnamon Filling

- 1 cup brown sugar
- 1 tablespoon ground cinnamon
- ½ cup butter, softened

Caramel Pecan Topping

- 1 cup brown sugar
- ½ cup butter
- ¼ cup Karo syrup
- 5–10 ounces pecans

INSTRUCTIONS

Make the Dough

1. Sprinkle the yeast into a large bowl with the warm water and let it sit for 15 minutes.
2. In a separate bowl, add the sugar, shortening, egg, salt and 2¼ cups of flour. You do not need to mix these ingredients together yet.
3. Once the yeast mixture is ready, add the ingredients from the second bowl. Using an electric mixer, beat on medium speed for 5–7 minutes. Gradually add the remaining 2¼–2¾ cups of flour as needed.
4. When the dough is slightly sticky but mostly pulling away from the sides of the bowl while mixing, begin kneading the dough until smooth. You may need to add a little more flour during this process.
5. Return the dough to the bowl, cover and let rise until doubled in size.

6. Once doubled, punch down the dough. Cover again and let it rest for another 10–20 minutes. While the dough is resting, prepare the caramel pecan topping and cinnamon filling using the directions below.

Make the Caramel Pecan Topping

1. Combine the brown sugar, butter, Karo syrup and pecans.
2. Spread the mixture evenly in the bottom of a 9 x 13 x 2-inch pan.

Make the Cinnamon Filling

1. Combine the brown sugar, ground cinnamon and softened butter.

ASSEMBLE & BAKE

1. Roll the dough into a rectangle approximately ½ inch thick.
2. Spread the cinnamon filling evenly over the dough.
3. Roll the dough up and cut it into 12 equal rolls.
4. Place the rolls in the pan on top of the caramel pecan mixture.
5. At this point, the rolls can either be baked or frozen.
6. To bake, place the rolls in a preheated 300°F oven for approximately 45 minutes, or until done.
7. Let the rolls cool in the pan for 10–15 minutes.
8. Carefully turn the rolls over onto a sheet cake pan or into another 9 x 13 x 2-inch pan so the caramel pecan topping is on top.

A LITTLE TIP

This recipe can easily be doubled. Just make sure you have a bowl—and a mixer—big enough to handle all that dough!