

# Maple Sticky Buns

From *The Maple Syrup Cookbook*

If you like sticky buns but can seldom find the time to make the real thing, these are for you!

## Ingredients

½ cup finely chopped walnuts  
¼ cup firmly packed brown sugar  
½ teaspoon ground cinnamon  
½ cup pure maple syrup  
½ cup (1 stick) plus 1 tbsp cold butter  
2 ¼ cups unbleached all-purpose flour  
1 tbsp baking powder  
¾ tsp salt  
1 cup milk

**Yields:** 9 servings

## Directions

1. Preheat oven to 400 F/200 C. Mix together the walnuts, brown sugar, and cinnamon in a small bowl. Set aside.
2. In a small saucepan, bring the maple syrup and 4 tablespoons of the butter to a boil over medium heat. Boil for 30 seconds, then scrape into a 9-inch square pan or a 10-inch deep-dish pie plate. Set aside.
3. Combine the flour, baking powder, and salt in a large bowl. Toss to mix. Cut 4 tablespoons of the butter into ½-inch pieces, add to the flour mixture, and cut it in until the butter is roughly the size of split peas. Make a well in the middle and add the milk. Stir gently, until the mixture forms a damp, cohesive mass. If the dough seems a bit wet, work in a tad more flour with the back of a wooden spoon. Melt the remaining 1 tablespoon of butter in a small saucepan (or microwave).
4. Turn the dough onto a lightly floured surface and knead gently five or six times. Using a rolling pin, roll the dough into the best 9- by 12-inch rectangle you can manage; don't worry if it isn't perfect. Brush the surface with the melted butter.
5. Cover the dough evenly with the brown sugar mixture, patting it gently with your hands. Starting at the 9-inch edge, roll up the dough like a carpet, pinching at the seam to seal. Cut into nine 1-inch slices and lay them flat in the baking pan with the syrup.
6. Bake for 25 minutes. Remove from the oven and invert onto a large plate. Do this quickly but carefully, being aware that the syrup is very hot. Oven mitts are a good precaution.
7. Scrape any syrupy stuff from the pan and spread over the buns.