

Skillet Maple Pecan Sticky Buns



INGREDIENTS

- 18 Rhodes frozen dinner rolls
- 3 tablespoons unsalted butter, melted
- 2 tablespoons pure maple syrup
- 1 1/2 teaspoons ground cinnamon
- Pinch of kosher salt

For the Maple Pecan Caramel

- 8 tablespoons (1 stick) unsalted butter
- 1 cup packed dark brown sugar
- 1/2 cup pure maple syrup
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon kosher salt
- 1 1/4 cups chopped pecans, divided
- Nonstick cooking spray or softened butter, for greasing the skillet

DIRECTIONS

1. Place the frozen Rhodes rolls on a parchment-lined baking sheet or cutting board and let them sit at room temperature until they're soft enough to cut but still cool, about 45 minutes. They do not need to fully thaw or rise at this point.
2. Generously grease a 12-inch cast-iron skillet with nonstick cooking spray or softened butter. You can also use a greased 9x13-inch baking dish.
3. Cut each partially thawed Rhodes roll into 4 pieces. There's no need to roll or shape the individual pieces.
4. In a large bowl, combine 3 tablespoons melted butter, 2 tablespoons maple syrup, cinnamon, and a pinch of kosher salt. Add the dough pieces and gently toss until lightly and evenly coated.
5. Add 1 stick of butter to a small saucepan over low heat. Cook, stirring frequently, until the butter foams and the milk solids turn golden brown and smell nutty. Remove from the heat. (usually takes me about 4-5 minutes on low heat with frequent stirring)
6. Stir the dark brown sugar, maple syrup, vanilla, and salt into the browned butter until well combined.
7. Spoon about 1/3 of the maple caramel mixture into the bottom of the prepared skillet. Sprinkle about 1/3 of the chopped pecans over the caramel.
8. Loosely arrange the coated dough pieces over the caramel and pecans. Don't press the pieces down or worry about arranging them perfectly. Keeping them irregular and slightly mounded gives the finished rolls their craggy, pull-apart texture.
9. Loosely cover the skillet and let the dough rise in a warm place for about 1 hour, or until the pieces are noticeably puffy and touching one another.
10. Once the dough has risen, gently spoon the remaining maple caramel over the top, concentrating it in ribbons and pockets and allowing some to run down between the pieces. Don't spread or press the topping into the dough so you don't deflate the rolls.
11. Add the pecans. Sprinkle the remaining chopped pecans generously over the top.
12. Bake. Preheat the oven to 350°F. Bake for approximately 22-28 minutes, or until the rolls are puffed and golden brown and the maple caramel is bubbling around the edges. If the tops are getting too brown before the center is cooked through, loosely tent the skillet with foil and continue baking.
13. Cool slightly. Let the sticky buns rest in the skillet for 5-10 minutes. The maple caramel will thicken slightly while staying warm and gooey.
14. Serve. Pull apart the warm sticky buns and spoon the gooey maple-pecan caramel from the bottom of the skillet over each serving.