

WHEAT BRIOCHE STICKY BUNS

YIELD: 6 Sticky Buns | TIME: Approximately 60 minutes hands-on time + 12-hour cold retard in the refrigerator



WHAT YOU NEED:

BIGA

25g wheat flour
25g water
20g bread flour
1/2g active dry yeast

DOUGH

110g whole egg + 20g egg yolk
85g bread flour
65g wheat flour
25g honey
5g salt
2g active dry yeast
110g cold butter - reserve

FILLING

160g brown sugar
10g ground cinnamon
60g butter

STICKY GOOP

275g brown sugar
175g buttermilk
110g butter
5g salt
5g vanilla paste or extract

MIXER SPEEDS

Ankarsrum - Low: 2pm; High: 4pm
KitchenAid - Low: 1; High: 7

(See **TOOLS** on next page)

PREPARATION:

STEP 1: MAKE THE BIGA

Combine the bread flour, wheat flour, water and yeast in the bowl of a stand mixer fitted with the dough hook attachment. Mix on slow speed for 4 minutes or until completely combined. Cover and let ferment for 12 hours.

STEP 2: MIX THE DOUGH

Combine the biga, bread flour, wheat flour, honey, eggs, salt and yeast in the bowl of a stand mixer fitted with the dough hook attachment. Mix on slow speed for 4 minutes or until thoroughly combined with no dry flour remaining. Turn the mixer up to medium speed and mix for 10-12 minutes or until a smooth, shiny dough forms.

While the dough is mixing, prepare the butter. Keep the butter cold until this point, then while the dough is mixing, place it between two sheets of parchment paper or plastic wrap and beat with a rolling pin until pliable. You do not want to use room temperature butter for this, or the dough will become greasy instead of light and fluffy. Once the dough is strong, turn it down to slow speed again and add the butter in small additions with the mixer running. The butter should be in as flat and small of pieces as you can pinch off. Allow the dough to incorporate all of the butter, this could take another 8-10 minutes on slow speed.

Once the butter is incorporated, remove the dough hook, cover the bowl with a banneton cover, and ferment at room temperature for 2-3 hours.

STEP 3: FOLD AND FERMENT

Fold the dough and refrigerate overnight.

STEP 4: MAKE THE FILLING

Combine the brown sugar and cinnamon and toss to combine. Melt the butter and keep separate.

STEP 5: MAKE THE STICKY GOOP

Place butter and brown sugar in a medium pot. Melt over low heat until all is dissolved. Whisk in buttermilk, salt, and vanilla paste. Pour into the base of the Challenger Bread Pan and allow to cool to room temperature.

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WHAT YOU NEED:

TOOLS

[Ankarsrum mixer](#)

[Challenger Bread Pan](#)

Challenger Bench Knife

Cloth Towels

Dough Covers

Mixing Bowls

Medium Pot

Rolling Pin

RECIPE VIDEO

[YouTube](#)

PREPARATION:

STEP 6: SHAPE & ROOM TEMPERATURE PROOF

The next morning, place the dough onto a lightly floured surface. Roll the dough into an 11 x 15 rectangle with the long edge going lengthwise in front of you, the dough should be about 1/4" thick. Brush the surface of the dough with the reserved melted butter for the filling, leaving a 1/2" strip of dough unbuttered at the top of the dough. Dust the buttered part heavily with the cinnamon sugar mix. Moisten the top strip of unbuttered dough by running some water on your hand and lightly rubbing the dough, this will help the dough seal and not uncurl when baking. Roll the dough forward creating a spiral of filling.

Once you get to the end of the roll press firmly onto the dough with the moistened strip of dough on the bottom to seal nicely. Cut the roll in half, each half into thirds to give you six rolls. They will be about 2.5" thick. Place them flat with the spiral showing into the sticky goop in the pan, allowing some room to proof. You should be able to fit about 6 rolls in the pan. Proof for 2-3 hours, or until about doubled in size.

STEP 7: BAKE

Preheat your oven to 350°F/175°C for one hour. Bake for 30-40 minutes or until golden brown and delicious. Once baked, allow to cool for about 5 minutes in the pan and then invert, allowing the sticky goop to run all over the baked pastry.

Please tag #challengerstickybuns
— we will comment and answer
any questions!

