
Caramel-Pecan Rolls

The Essential Southern Living Cookbook

Preparation Time: 20 minutes

Start to Finish Time: 2 hours 30 minutes

5 cups bread flour, divided
1/2 cup granulated sugar
1 teaspoon table salt
2 packages active dry yeast
2 cups whole milk
1/4 cup unsalted butter
1/2 cup cooked potato, mashed
1/4 cup bread flour
1 tablespoon unsalted butter, melted
2 cups firmly packed brown sugar, divided
1 teaspoon ground cinnamon
1 1/2 cups chopped pecans
3/4 cup whipping cream

In a bowl, combine two cups of flour, 1/2 cup of sugar, the salt and yeast. Stir well.

In a saucepan, combine the milk, 1/4 cup of butter and the potato. Heat until the butter melts, stirring occasionally. Cool to 120 to 130 degrees. Add the liquid mixture to the flour mixture. Beat with an electric mixer on medium speed for 30 seconds. Beat an additional 2 minutes on medium speed. Add 3/4 cup of flour, beating for 2 minutes on medium speed. Stir in enough of the remaining 2-1/4 cups of flour to make a soft dough.

Sprinkle 1/4 cup of flour over the work surface. Turn the dough out. Knead until smooth and elastic (about 8 minutes). Place in a greased bowl, turning to grease the top. Cover and let rise in a warm place (85 degrees), free from drafts, for one hour or until doubled in bulk.

Punch the dough down. Roll to a 24 x 6-inch rectangle. Brush with melted butter. In a bowl, combine 1/2 cup of brown sugar and the cinnamon. Sprinkle over the dough. Roll up, starting at the long side. Pinch the seam to seal (do not seal the ends). Cut into sixteen 1-1/2-inch slices.

Spoon the remaining 1-1/2 cups of brown sugar into a greased 13 x 9-inch baking dish. Sprinkle pecans over the sugar. Place the dough slices on the sugar. Pour the whipping cream around the rolls. Cover and let rise in a warm place, free from drafts, for 30 minutes or until doubled in bulk.

Preheat the oven to 375 degrees. Bake until golden, about 30 minutes. Let cool for 2 minutes. Remove from the pan.

Yield: 16 rolls

Bread, Muffins

Per Serving (excluding unknown items): 7299 Calories; 273g Fat (33.1% calories from fat); 126g Protein; 1117g Carbohydrate; 21g Dietary Fiber; 466mg Cholesterol; 2836mg Sodium. Exchanges: 38 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Non-Fat Milk; 51 Fat; 35 Other Carbohydrates.