

The Dog Team Tavern's Sticky Buns

Not an Adirondack Invention, but enjoy by many Adirondackers when they visited the Dog Team Tavern in VT (now burned, and sad ending of owner ... a tribute to a friendly chef)

Makes 30:

2 med. Potatoes, boiled in at least
3 cups water, drained (reserve cooking water)
Pealed, mashed (1 cup)
½ cup sugar
½ cup (1 stick) butter, room temperature
1 ½ tsp. salt
2 eggs
1 envelope of dry yeast

7 cups (about) all purpose flour
2 cups firmly packed brown sugar
6 tablespoons water
3 cup chopped walnuts
½ cup sugar
2 teaspoons cinnamon
4 tablespoons (1/2 stick) butter, melted

Oil very large bowl and set aside. Combine 1 cup hot mashed potatoes, ½ cup sugar, ½ cup butter and salt in another large bowl and mix well. Cook to lukewarm. Add 1 ½ cups lukewarm potato water, eggs and yeast and beat until thoroughly blended. Stir in enough flour to make stiff dough. Turn out onto lightly floured surface and knead until smooth and elastic, about 8 to 10 minutes. Transfer to oiled bowl, turn to coat all surfaces. Cover bowl with greased plastic wrap. Let stand in warm draft-free area until doubled in volume, about 1 ½ hours. Punch dough down. Cover with greased plastic wrap and refrigerate until thoroughly chilled. (Dough can be prepared several days ahead to this point and refrigerated.) Generously butter 3-9" round pans. Spread bottoms with brown sugar, divided evenly. Add 2 generous tablespoons water to each pan. Sprinkle 1 cup chopped walnuts over bottom of each pan. Combine ½ cup sugar with cinnamon in 1-cup measure and mix well. Punch dough down; divide in half. Roll each half out on lightly floured surface into 10x16" rectangle about ¼" thick. Brush each rectangle with 2 tablespoons melted butter. Sprinkle cinnamon sugar, dividing evenly. Starting at short end, roll dough up as for jelly roll. Cut each roll into 15 slices. Arrange 10 slices in each prepared pan. Let stand in warm draft-free area until double in volume (about 25-30 minutes). (If dough has been refrigerated for a long period of time, this will take several hours). Preheat oven to 350 degrees. Bake buns until golden brown, about 30-35 minutes. Immediately invert onto serving platters. Serve warm or at room temperature. *NOTE: This recipe has been a restaurant specialty for over 40 years.*