

Decadent Sticky Pecan Cinnamon Rolls: Better Than a Bakery

The Ultimate Pecan Pie Cinnamon Rolls: A Decadent Holiday Mashup



Pecan Pie Cinnamon Rolls 🍯

Ingredients:

- 2 cups all-purpose flour
- 2 tablespoons sugar



OVEN
350°F

TIME
10 min

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INGREDIENTS

Warm Milk: 1 cup (110°F)

Active Dry Yeast: 2 1/4 tsp (1 packet)

Granulated Sugar: 1/2 cup

Unsalted Butter: 1/2 cup (melted and cooled)

Egg: 1 large (room temperature)

All-Purpose Flour: 4 to 4 1/2 cups

Salt: 1 tsp

Unsalted Butter: 1/2 cup (melted)

Brown Sugar: 3/4 cup (packed)

Maple Syrup or Corn Syrup: 1/4 cup

Chopped Pecans: 1 1/2 cups

Vanilla Extract: 1 tsp

Unsalted Butter: 1/2 cup (very soft)

Brown Sugar: 1 cup

Ground Cinnamon: 2 tbsp

Swaps and Notes:

Syrup: Maple syrup adds a deeper, woodsy flavor, while corn syrup provides that classic, clear pecan pie "snap." Both work beautifully.

Flour: If you want an even chewier roll, you can substitute bread flour for all-purpose flour.

Nuts: If you aren't a fan of pecans, walnuts make an excellent "Sticky Bun" alternative.

Step-by-Step Instructions:

1. Activate the Yeast:

2. Mix the Dough:

3. First Rise:

4. Prepare the Pan (The Pecan Layer):

5. Roll and Fill:

6. Second Rise:

7. Bake:

8. The Flip:

Tips for Success:

Don't Wait Too Long to Flip: If the caramel cools completely in the pan, it will stick to the bottom and you'll lose all that pecan goodness. Flip while it's still warm and fluid.

Room Temp Ingredients: Ensure your egg and butter are not cold; this helps the yeast thrive.

Dental Floss Hack: Use unflavored dental floss to "slice" your rolls. It prevents squishing the dough, keeping those beautiful swirls intact.

Serving Suggestions and Pairings:

Nutritional Information (Per Roll):

Calories: 485 kcal

DIRECTIONS

- 1. Activate the Yeast:** In the bowl of a stand mixer, combine warm milk, yeast, and a tablespoon of the sugar. Let it sit for 5-10 minutes until frothy.
- 2. Mix the Dough:** Add the remaining sugar, melted butter, egg, and salt. Gradually add 4 cups of flour. Using the dough hook, knead for about 5-7 minutes. The dough should be soft and slightly tacky but should clear the sides of the bowl. If it's too sticky, add the remaining 1/2 cup of flour.
- 3. First Rise:** Place the dough in a greased bowl, cover, and let rise in a warm spot for 1 to 1.5 hours, or until doubled in size.
- 4. Prepare the Pan (The Pecan Layer):** While the dough rises, whisk together the melted butter, brown sugar, syrup, and vanilla for the topping. Pour this into a 9x13-inch baking pan. Sprinkle the chopped pecans evenly over the mixture.
- 5. Roll and Fill:** On a floured surface, roll the dough into a large rectangle (about 12x18 inches). Spread the softened butter over the dough, then sprinkle with the brown sugar and cinnamon. Roll tightly from the long edge and cut into 12 even rolls.
- 6. Second Rise:** Place the rolls on top of the pecan mixture in the pan. Cover and let rise for another 45 minutes.
- 7. Bake:** Preheat oven to 350°F (175°C). Bake for 25-30 minutes until the tops are golden brown.
- 8. The Flip:** This is the most important step! Let the rolls cool in the pan for only 5 minutes. Place a large serving tray or cutting board over the pan and carefully (using oven mitts) invert it. The pecan

glaze will pour down over the rolls.

9. **Tips for Success: Don't Wait Too Long to Flip:** If the caramel cools completely in the pan, it will stick to the bottom and you'll lose all that pecan goodness. Flip while it's still warm and fluid.
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11. **Dental Floss Hack:** Use unflavored dental floss to "slice" your rolls. It prevents squishing the dough, keeping those beautiful swirls intact.
12. **Serving Suggestions and Pairings:** These rolls are a showstopper for brunch. To balance the richness, pair them with a Mexican Chicken and Rice Casserole for a savory-sweet lunch, or serve them alongside Totchos at a party. They also go great with a cold glass of milk or a strong cup of black coffee.
13. **Nutritional Information (Per Roll):** Calories: 485 kcal
14. **Total Fat:** 24g
15. **Carbohydrates:** 62g
16. **Protein:** 6g
17. **Sugar:** 38g (Note: These are a decadent treat-enjoy every bite!)
18. **Storage and Leftover Tips:** Store leftovers in an airtight container for up to 2 days. To get that "just-baked" texture back, microwave a roll for 15-20 seconds. You can also freeze the baked rolls for up to 3 months; just thaw and warm in a 300°F oven before serving.
19. **More Recipes You Will Love:** If you enjoyed this decadent bake, you'll love these other hits from ChefManiac:
20. **Crockpot Nacho Dip** - The ultimate savory appetizer.
21. **One Pan Breakfast Bake** - The easiest way to feed a crowd in the morning.
22. **Sheet Pan Quesadillas** - A quick dinner solution for busy nights.
23. **Final Thoughts:** Pecan Pie Cinnamon Rolls are more than just a recipe; they are a memory in the making. The smell of cinnamon and toasted pecans filling your home is better than any candle you can buy.
24. **Did you try the flip?** Let me know how yours turned out in the comments below! Don't forget to follow ChefManiac for more holiday-ready recipes and comfort food classics. Happy baking!

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Activate the Yeast In the bowl of a stand mixer, combine warm milk, yeast, and a tablespoon of the sugar.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/decadent-sticky-pecan-cinnamon-rolls-better-than-a-bakery/>