

Homemade Sticky Buns



INGREDIENTS:

- **1 PKG PUFF PASTRY -
RECOMMEND TRADER JOE'S
ARTISAN PUFF PASTRY**
- **2/3 CUP OF LIGHT BROWN
SUGAR, LIGHTLY PACKED**
- **2 T CINNAMON**
- **2 T MELTED BUTTER**

FOR THE TOPPING:

- **12 T ROOM TEMPERATURE
BUTTER**
- **1/3 CUP LIGHT BROWN SUGAR,
LIGHTLY PACKED**
- **1/4 CUP CHOPPED PECANS**

Homemade Sticky Buns



DIRECTIONS:

- Preheat oven to 400 degrees. Place a sheet of parchment paper on a sheet pan and place muffin tin on top. Using a mixer with a paddle attachment, mix together 12 T butter and 1/3 cup of brown sugar until completely blended. Using a tablespoon measuring spoon, place one tablespoon of the mixture into each muffin cup. Divide chopped pecans and place evenly into each muffin cup.
- Next, Lightly flour a board, and unroll puff pastry. Brush entire pastry with melted butter. Sprinkle pastry with 1/3 cup of brown sugar, leaving one inch border for sealing. Then, sprinkle 1 tablespoon of cinnamon evenly on top of the brown sugar. Roll up tightly like a jelly roll. Cut off uneven ends, then cut evenly into 6 rolls. Place into each muffin cup and press down slightly to adhere to the butter mixture. Repeat above with the 2nd sheet of pastry.
- Bake for 30 minutes, then let cool for only 2 minutes. Turn out buns onto parchment-lined sheet pan. Makes 12 sticky buns.

Sorghum & Seasoned Sugar Glazed Spiral Ham



INGREDIENTS:

- 1 CUP SORGHUM
- 1 CUPS SUGAR
- 1 CUP DARK BROWN SUGAR
- 1 TEASPOON ONION POWDER
- 1 TEASPOON GROUND CINNAMON
- 1 TEASPOON GROUND NUTMEG
- 1/2 TEASPOON GROUND GINGER
- 1/2 TEASPOON GROUND CLOVES
- 1/2 TEASPOON PAPRIKA
- 1 BONE-IN SPIRAL-SLICED PRE-COOKED HAM

Sorghum & Seasoned Sugar Glazed Spiral Ham



DIRECTIONS:

- Heat ham according to package instructions, then allow to cool. Meanwhile, heat sorghum in a small saucepan to a simmer. Remove from heat and keep warm. Then, in a small bowl, combine sugar, brown sugar, onion powder, cinnamon, nutmeg, ginger, cloves, and paprika. Mix the seasoned sugar mixture well. Cover a baking sheet with aluminum foil. Place the spiral ham down onto the pan. Brush sorghum over top of the surface of ham that will be coated with the sugar mixture. Sprinkle with the seasoned sugar mixture. Press the sugar mixture onto the outside of the ham.
- With a blowtorch, gently heat the seasoned sugar mixture on the ham. Wave the flame quickly over the sugar—you want the sugar to brown, not burn. Staying in one area, and moving out from there slowly will make this easier, as you will be heating the sugar in a continual direction. This whole process will take about 15 minutes, so be patient. You can sprinkle more sugar on top of the already browned parts of the ham and make the crust thicker.

Homemade Fleur de Sel Caramels



INGREDIENTS:

- 1 1/2 CUPS SUGAR
- 1/4 CUP LIGHT CORN SYRUP
- 1/2 CUP WATER
- 1 CUP HEAVY CREAM
- 6 T UNSALTED BUTTER
- 1 TSP FLEUR DE SEL (FRENCH SEA SALT), PLUS EXTRA FOR SPRINKLING
- 1/2 TSP PURE VANILLA EXTRACT
- VEGETABLE OIL (TO BRUSH ON PARCHMENT PAPER)

Homemade Fleur de Sel Caramels



DIRECTIONS:

- Line the bottom of an 8-inch square baking pan with parchment paper, then brush the paper lightly with oil, allowing the paper to drape over 2 sides. In a deep saucepan, combine the sugar, corn syrup, and water and bring to a boil over medium-high heat. Continue to boil until the caramel is a warm golden brown color. Don't stir - just swirl the pan to mix. Watch carefully as the caramel could burn very easily and quickly at the end.
- In the meantime, bring the cream, butter, and 1 teaspoon Fleur de Sel to a simmer in a small pan over medium heat. Remove from the heat, set aside and keep warm.
- When the caramelized sugar is the right color, slowly add the cream mixture to the caramel. Caution: it will boil up violently. Stir in the vanilla with a wooden spoon, insert candy thermometer, and cook over medium heat for 5 to 10 minutes, until the mixture reaches 248 degrees F (firm ball). Carefully pour the caramel into the prepared pan and refrigerate until the caramel is firm.
- When the caramels are cool and firm, use the parchment paper to lift the caramel from the pan and place onto a cutting board. Cut the caramel slab in half so that you have 2 caramel slabs. Starting at 1 end, roll the caramel up tightly and set aside. Then, roll the second half up tightly. You will have 2 logs. Sprinkle the tops of both logs lightly with fleur de sel and cut each log in 8 pieces. Using candy wrappers, wrap each caramel in a paper, twisting the ends. Store in the refrigerator or at room temperature.