



## Maple Pecan Coffee Cake Twists

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Yield: 16 servings

*One whiff of the irresistible maple-pecan aroma and I'm back home in Evening Shade, Arkansas waiting impatiently for my mom to tell us we can have one of her warm Maple-Nut Twists. She made the original version, Maple-Nut Coffee Twists, often from the 1969 20<sup>th</sup> Annual Pillsbury Bake-Off bookazine.*

*I updated it just a bit by changing out the artificial maple extract and some of the granulated sugar with real maple syrup and I use a dough hook to replace kneading by hand and prefer softened butter to melted. Oh, and I added more pecans because we Southerners can never have too many pecans!*

**Shortcut:** The shortcut is the hot roll mix.

### Ingredients:

1 (16-oz) box Pillsbury hot roll mix OR 3 1/4 cups all-purpose flour, 2 tablespoons vegetable oil, 3/4 teaspoon salt, and 1 (1/4-oz) package active dry yeast

3/4 cup warm water (110°) (23 seconds in a 1100 watt microwave)

1 large egg

3 tablespoons real maple syrup

6 tablespoons very soft butter, divided

Filling:

1/3 cup sugar

1 tablespoon real maple syrup

1/2 cup chopped pecans

Icing:

1 1/2 cups powdered sugar

1 tablespoon real maple syrup

1 to 2 teaspoons whole milk or half and half

### Directions:

1. Pour yeast over warm water in a small bowl or measuring cup and let stand about 5 minutes to dissolve. It will look puffy. If you stir this, make sure to add back any yeast that sticks to the spoon or leave the spoon in the measuring cup for now.
2. Beat the egg in a large mixing bowl with an electric mixer just until lightly beaten. I like to use a stand mixer so I can knead the dough with a dough hook instead of by hand. Add the dissolved yeast and 3 tablespoons maple syrup.
3. Add the hot roll mix slowly as the mixer is on medium-low speed. Beat until hot roll mix is thoroughly combined. At this point, you can trade out the mixer paddle attachment for the dough hook and beat 3 minutes or turn the dough out onto a lightly floured surface and knead by hand at least 3 minutes or until it looks smooth and elastic. This basically means it will spring back when you push your fist into the center. This will probably take 5 minutes by hand. You can't overwork yeast bread dough. You want to develop the gluten unlike biscuits where you avoid it.
4. Coat the same bowl lightly with cooking spray and place the dough in the bowl and cover loosely with plastic wrap or a damp towel. Let rise in a warm place (85°) 40 minutes or until dough doubles in size. (\*See my tip below for creating your own proofing oven.)
5. Meanwhile, combine Filling ingredients in a small bowl: 1/3 cup sugar, 1 tablespoon maple syrup, and pecans.
6. Uncover dough and punch it down. This is a good time to take out your frustrations if you have any...and we all have them. Divide the dough into three balls. I do this evenly by weighing the dough with my kitchen scale.
7. Roll one ball into a 12-inch circle on a lightly floured surface. Fold in half and gently transfer it to a pizza pan or I use a well-loved pizza stone. Spread 2 tablespoons butter over the circle of dough and sprinkle with one-third of the cinnamon-sugar mixture. Repeat this procedure twice with the remaining butter and cinnamon-sugar mixture. You will be stacking the second circle on the first one and the third circle on the second one to make three layers.
8. Place a 2 1/2 -inch cookie cutter or drinking glass in the center of the top circle. Do not press it all the way through to the bottom. Starting at the center and cutting toward the outside edge, cut 16 wedges, then gently lift each of the 3-layered wedge and twist 5 times to form a spiral pattern and place the spiral on the pan, gently pressing the end of the spiral on to the pan to hold its shape. Remove the cookie cutter.
9. Cover and let rise in a warm place 25 to 30 minutes or until spirals have doubled in size.
10. Preheat oven to 375°. Bake for 15 minutes or until lightly browned. Let cool 10 minutes
11. Combine ingredients for the icing: powdered sugar maple syrup and milk and drizzle over the twists.

\*Proofing oven: Turn your oven on 350°. Set the timer for 1 minute and turn the oven off. Microwave 2 cups of water in a microwave safe bowl or 2-cup glass measuring cup for 2 minutes on HIGH. Place the hot water beside the dough/rolls while rising to create moist heat about 85°.

Or, if you live in the deep South like I do, you can set it outside from April to November and it will probably be a humid 85°. (Southern humor)