



Beaufort House Inn ~ Asheville NC 28801  
[www.beauforthouse.com](http://www.beauforthouse.com)

## Pineapple Pecan Sticky Buns with Crème Fraiche

Serving portions:                    12 servings in medium muffin tins

### Ingredients:

- 4 eggs, 2 c white sugar
- 2 c all purpose flour, Pinch of salt, 2 tsp baking powder
- 1 c half n half, ½ c butter
- 1 tsp vanilla
- Pineapple, chopped pecans, light brown sugar, see below

### Preparation:

- Beat eggs and sugar in mixer with rotary beaters.
- Whisk flour, baking powder, salt together in a separate bowl – add to eggs/ sugar mixture a bit at a time until blended
- Bring half n half to a light boil and melt butter in it, whisking all the time. Do not let come to a “scald”
- Add the hot cream mixture to the flour and egg mixture - Blend with rotary beaters until completely mixed and smooth. Can store overnight in fridge and bake in the morning.
- Place 1 Tbls. of butter in each large muffin tin and melt in oven. When melted, remove from oven and cooled, brush the butter around the sides of each large muffin tin.
- Fill each bottom of buttered muffin cup, beginning with :
  - 5-6 slivers of pineapple, small spoonful of chopped pecans, 1/8 c. brown sugar,
  - Fill with batter to about ¼” from the top
  - Place tins in a 350 degree oven for 20-25 minutes.

### Presentation:

- Prepare Crème Fraiche – whisk together 16 oz of sour cream with ½ cup light brown sugar and keep cold until serving.
- Grate fresh nutmeg on serving bowl of crème fraiche for serving
- Invert muffin tins and place each sticky bun on serving plate. Dust with confectioner sugar.
- Pass Crème Fraiche for serving dollop – serve sticky buns hot and crème fraiche cold.

---

### Half Batch Ingredients: 6 Servings

2 eggs, 1 c sugar  
1 c all purpose flour, Pinch of salt, 1 tsp baking powder  
½ c half n half, ¼ c butter, vanilla

### Double Batch Ingredients: 24 Servings

8 eggs, 4 c sugar  
4 c all purpose flour, 2 pinch of salt, 4 tsp baking powder, 2 c half n half, 1 c butter, vanilla