



CINNAMON BUNS

Cinnamon Buns Ingredients

- ❖ 2 $\frac{3}{4}$ cup all-purpose flour
- ❖ $\frac{1}{4}$ cup granulated sugar
- ❖ 1 teaspoon salt
- ❖ 2 $\frac{1}{4}$ teaspoon yeast (1 packet)
- ❖ $\frac{1}{2}$ cup whole milk
- ❖ $\frac{1}{4}$ cup water
- ❖ 3 tablespoon unsalted butter
- ❖ 1 large egg

Filling Ingredients

- ❖ $\frac{1}{4}$ cup unsalted butter
- ❖ 1 tablespoon ground cinnamon
- ❖ $\frac{3}{4}$ cup light brown sugar
- ❖ $\frac{1}{4}$ teaspoon salt

Frosting and/or Icing Ingredients

- ❖ Ingredients for both options are listed on page 18.

Let's have a chat first...

Yeast is not the enemy...it may seem scary, but it just wants to go swimming in a Jacuzzi of warm milk.

You don't *need* a stand mixer for this recipe, but it does help. You can definitely do it by hand, but it will take more time and a lot of muscles.

Make sure you have all of your ingredients ready to go before starting. Yeast needs to stay warm so you don't want to let it cool down while you're gathering and measuring ingredients. Speaking of ingredients, everything should be room temperature so it's easier to work with!

All of the dairy ingredients can be replaced with a parve (non-dairy) ingredient.

Step 1:

Let's make our dough!

Whisk together the flour, sugar, salt, and yeast in a large bowl. Put it on the side for a few minutes.

Put the milk, water and butter in a bowl or pot. Heat up the mixture on the stove or in the microwave until the mixture is warm to the touch.

It should be very warm, but not too hot where you pull your hand back when you touch it.



Step 2:

Pour this warm milk mixture into the bowl of the dry ingredients.

Crack your egg into the bowl also. Stir this all together until it forms a soft dough.

You can do this by hand or using an electric stand mixer.

This recipe is very forgiving, so you can use a strong wooden spoon or the dough hook attachment of a stand mixer to mix and knead.

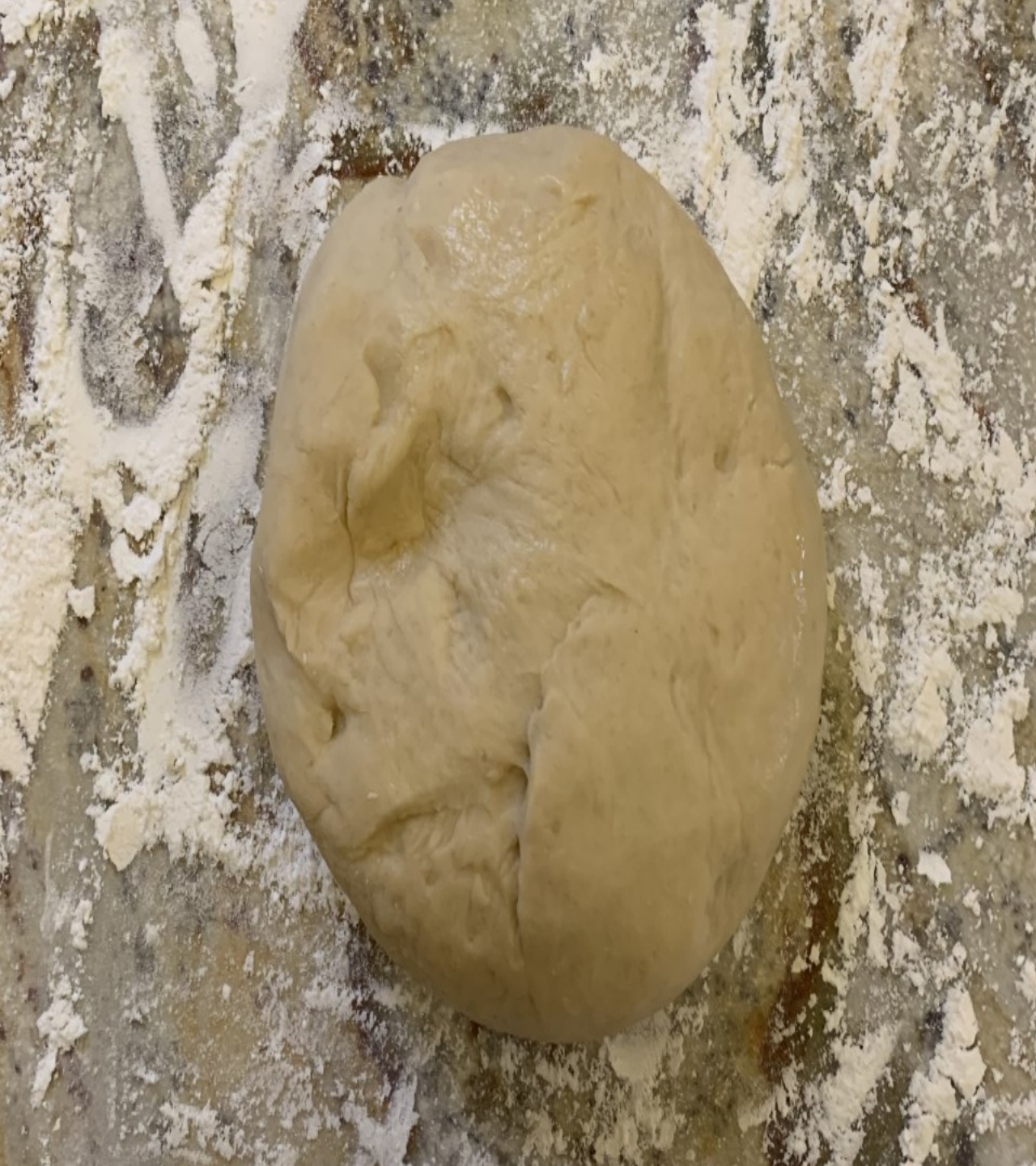


Step 3:

If you're using a stand mixer, attach the dough hook and knead the dough for 3 minutes.

If mixing by hand, flour your workspace and knead the dough for 3 minutes with floured hands.

Put the kneaded dough into a greased bowl and let it hang out for 10 minutes unbothered. This step helps the gluten grow and makes the dough stick together better.



Step 4:

After the 10 minutes are up, flour your workspace again. Roll it the dough into a rectangle shape, about 14 x 8" (I just eyeball this honestly).

Spread the butter all across the dough, leaving about a 1" border around the edges for easy rolling.

Sprinkle the cinnamon sugar mixture onto the butter, rubbing it in to all the nooks and crannies.



Step 5:

Starting on the shorter side of the rectangle, roll the dough into a log shape.

When it's done being rolled up all the way, pinch together the seam where it ends so the cinnamon buns don't open up. Turn the seam side down onto your workspace to push it closed.

Using a sharp knife or unflavored dental floss, cut the log into 10 equal pieces. You'll get 12 pieces with the wonky ends.



Step 6:

Put the cinnamon buns in a greased 9-inch round cake pan or pie baking dish, giving them some space in between.

Now it's time to let them rise so they can double in size and become huge cinnamon buns.

Cover the rolls tightly with silver foil or plastic wrap. Let them double in size in a warm area for 1 ½ hours.

I like to preheat my oven to 250°F and then turn it off and put my rolls on top of the stove to grow in a warm area.



Step 7:

Once the rolls have doubled in size, preheat your oven to 350°F.

Uncover the cinnamon buns and bake them for 20-25 minutes until golden brown and cooked through.

If the tops are getting brown too quickly because your oven is very hot, cover them loosely with aluminum foil and let them continue baking.

Set them aside to cool completely while you make the icing to drizzle on them.

Frosting Recipe vs. Icing Recipe

4 tablespoons unsalted softened butter

4 ounces softened cream cheese

½ tablespoon vanilla extract

1 cup powdered sugar

Using a hand mixer, cream together the butter and cream cheese. Scrape down the bowl. Beat in the vanilla and powdered sugar and mix on high. Scrape down the bowl as needed, beating until fluffy.

1 cup powdered sugar

¼ cup heavy cream

1 teaspoon vanilla extract

Pinch of sea salt

Pour all of the ingredients into one bowl and mix together with a hand mixer until smooth. Add more powdered sugar for a thicker consistency or more heavy cream for a runnier consistency.

