

CINNAMON ROLLS

Last Modified: 02/01/2016

PREP: 13+ Hrs

COOK: 30 Min

OVEN: 350

F HARD

BREADS

MAKES 12 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
DOUGH			
4	Large	Egg Yolks	Room Temp
1	Large	Egg	Room Temp
1/4	Cup	Granulated Sugar	
5	Tbsp	Unsalted Butter	Melted
3/4	Cup	Buttermilk	
2 1/2	Cups	All Purpose Flour	Divided
2 1/4	Tsp	Active Dry Yeast	
1 1/4	Tsp	Kosher Salt	
2	Tbsp	Unsalted Butter (For Baking Dish)	Softened
PLUS			
3	Tbsp	Unsalted Butter (For Dough Wash)	Melted
CINNAMON FILLING			
2	Tbsp	Ground Saigon Cinnamon	
1	Cup	Light Brown Sugar	Packed
1	Sm Pinch	Kosher Salt	
4	Tbsp	Unsalted Butter	Softened
CREAM CHEESE FROSTING			
5	Tbsp	Cream Cheese (Philadelphia)	Softened
3	Tbsp	Whole Milk	
3/4	Cup	Powdered Confectioners Sugar	Sifted
PREPARATION			
FACTOID	The soft, pull-apart Dough, bright Cinnamon Filling & a sweet Cream Cheese Frosting all combine for a really nice Sunday Morning family get-together.		
TOOLS	1) Medium Glass Mixing Bowl 2) Stand Mixer & Whisk Head & Dough Hook Head 3) 9" x 11" Glass Baking Dish 4) Wire Rack 5) 9" x 13" Metal Baking Pan		
HINTS	DOUGH PROOFING: An easy, sure way to "proof" (Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.		
PREP	DISH 1) Place the Eggs on the Countertop and set them aside for 1 hour. 2) Melt 7 tablespoons of Butter and set it aside.		

CINNAMON ROLLS

1	The Day Before: In a stand mixer with the whisk head: Whisk together the Egg, Egg Yolks, Sugar, Butter, and Buttermilk until mixed well, about 30 seconds. Add in 2 cups of Flour, Yeast and Salt and whisk until it looks like Cake Batter. Pick up the head slowly, remove the whisk head and insert the dough hook.
2	The Day Before: Add in all but 1/4 cup of the remaining Flour. Start on low speed and mix until sticky, once the Flour is wet, move up to medium speed and mix until the Flour disappears and the mix is springy and has stuck to the hook. If the Dough is still stuck to the bowl, add in a little more Flour until it breaks free. Spray your hands with non stick cooking spray and remove the Dough from the hook. Mix it for another 5 minutes.
3	The Day Before: Lift the mixer head and remove the dough hook and Dough. On a Floured flat surface, knead the Dough by hand for 30 seconds until it is smooth. Near the end, turn under the edges until a smooth topped round ball is achieved. Spray a medium glass mixing bowl with non stick cooking spray and place the ball (smooth side up) in the bowl and shake to roll the ball around to coat it with non stick cooking spray, cover it with plastic wrap and let it rise until it has doubled in size, 2 to 2 1/2 hours.
4	The Day Before: Mix the filling ingredients together well, Butter a 9 inch X 11 inch glass baking dish.
5	The Day Before: Punch the Dough down to get rid of most of the air. Remove the Dough from the bowl and lay it on a floured work surface. Roll out the Dough until it is approximately an 18 inch x 12 inch rectangle. Brush the surface of the Dough with Melted Butter leaving a 1 inch unbuttered border at the top of the Dough. Spread the Filling evenly over the entire buttered surface. Pressing the Filling lightly into the Dough. Butter a 9 inch x 11 inch glass baking dish.
OPTION	If you roll up the Dough the long way, you will get skinnier, but taller Buns. If you roll it up the short way, you will get larger diameter, but shorter Buns
6	The Day Before: Roll up the Dough using only your fingertips (you do NOT want to warm up the Dough), until reaching the unbuttered top edge. Seal the top edge to the outside of the Roll by pinching. Turn over the Roll until the seam is down. Cut the Roll in half. Cut each half into thirds. Cut each third in half to end up with 12 Pinwheel Rolls.
7	The Day Before: Place the Rolls in the buttered baking dish until you have 3 rows of 4 Rolls. Cover them with plastic wrap and refrigerate them overnight.
8	30 Minutes Before: Place a baking pan on the bottom rack in the cold oven. Fill the pan 1/3 full with boiling water. Add the Roll dish on the middle rack, close the oven and leave the Rolls for 30 minutes to wake up the Yeast. Remove the Rolls dish and water pan - Preheat the oven to 350 degrees and bake the Rolls for 30 minutes (Rolls should be at 190 degrees internal temperature). Remove the Rolls and place them on a cooling rack for 2 minutes.
9	FROSTING: In a stand mixer with the whisk head: Whisk the Cream Cheese on medium speed until smooth, add in the Milk and whisk until combined, slowly whisk in the Powdered Sugar until smooth.
SERVE	Place the Rolls on a serving plate and drizzle or spoon the Frosting over the top. Enjoy while still warm.

CINNAMON ROLLS

