

CINNAMON ROLLS (QUICK)

F MEDIUM

Last Modified: 02/01/2016

PREP: 2 Hrs
COOK: 15 Min
OVEN: 400

BREADS

MAKES 12 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
DOUGH			
2	Large	Eggs	Room Temp
1/2	Cup	Granulated Sugar	
1/3	Cup	Unsalted Butter	Melted
1	Cup	Buttermilk	Warm
4	Cups	All Purpose Flour	
1	1/4 Oz	Packet Dry Active Yeast	
1	Tsp	Kosher Salt	
2	Tbsp	Unsalted Butter (For Baking Dish)	Softened
PLUS			
3	Tbsp	Unsalted Butter (For Dough Wash)	Melted
CINNAMON FILLING			
2 1/2	Tbsp	Ground Saigon Cinnamon	
1	Cup	Light Brown Sugar	Packed
1	Small Pinch	Kosher Salt	
1/3	Cup	Unsalted Butter	Softened
CREAM CHEESE FROSTING			
1/4	Cup	Cream Cheese (Philadelphia)	Softened
8	Tbsp	Unsalted Butter	Softened
1/2	Tsp	Vanilla Extract	
1/8	Tsp	Kosher Salt	
1 1/2	Cups	Powdered Confectioners Sugar	Sifted
PREPARATION			
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.		
TOOLS	1) Medium Glass Mixing Bowl 2) Stand Mixer & Whisk Head & Dough Hook Head 3) 9" x 11" Glass Baking Dish 4) Wire Rack		
PREP	DISH 1) Set the Butter and Cream Cheese aside to soften. 2) Set the Eggs aside to come to room temperature. 3) Melt the Butter and set it aside. 4) Preheat the Oven to 400 degrees with a rack just below center.		

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1	2 Hours Before: In a stand mixer with the whisk head: On low speed, mix the Yeast Packet with the warm Buttermilk. Whisk in the Eggs, Sugar, and Butter until mixed well (30 seconds). Whisk in 2 cups of Flour and Salt and whisk until it looks like Cake Batter. Pick up the mixer head slowly, remove the whisk head and insert the dough hook.
2	2 Hours Before: Add in the remaining Flour. Start on low speed and knead on slow until sticky, once the Flour is wet, move to medium speed and mix until the Flour disappears and the mix is springy and has stuck to the dough hook. Spray your hands with non-stick cooking spray and remove the Dough from the hook. If Dough still is stuck to the bowl, add in a little more Flour until it breaks free and is stuck on the hook and rotating.
3	2 Hours 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 in the bowl (smooth side up) and shake to roll the ball around and coat it with the cooking spray, cover it with plastic wrap and let it rise in a warm place until it has doubled in size, 1 to 2 hours.
4	FILLING: On low speed with the whisk head, whisk the filling ingredients together well. Butter a 9 inch x 11 inch glass baking dish.
5	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 and 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. Press the Filling lightly into the Dough.
6	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 until you get 12 Rolls.
7	Place the Rolls in the buttered baking dish until you have 3 rows of 4 Rolls.
8	Preheat the oven to 400 degrees and bake the Rolls for 10 minutes (The Rolls should be at 190 degrees internal temperature), or until light golden brown. Remove the Rolls and place them on a cooling rack for 2 minutes.
9	In a stand mixer with the whisk head: Whisk the Cream Cheese on medium speed until smooth, then, add in the remaining Cream Cheese Frosting ingredients and whisk on medium speed until they become fluffy.
SERVE	Place the Rolls on a serving plate and spread the Frosting over the top. Serve while warm.

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