

Cinnamon Rolls

Makes eight to twelve

FOR THE DOUGH:

½ cup (113 grams) unsalted butter
1 cup (250 ml) of milk
5 TBS (62.5 grams) of sugar
1 TBS (8.5 grams) active dry yeast
1 tsp. (5 ml) salt
1 egg
1 egg yolk
3 to 3½ cups (384 to 448 grams) all-purpose flour

Melt the butter in a pot. Add the milk and sugar and stir until the sugar is dissolved. Do not boil the milk. Once the sugar is dissolved and the milk is warm transfer it to a bowl. Stir in the yeast and let it activate for about 10 minutes until your mixture turns bubbly. Add the salt.

Lightly beat the egg and the egg yolk and add it to the milk mixture. Mix in three cups of flour, a cup at a time. Mix well after each addition. Dump the dough on to a lightly floured countertop and start kneading it. Knead the dough for five minutes – sprinkling more flour on the counter as the dough sticks to it. If the dough is still sticky after the five minutes add another half cup of flour a ¼ cup at a time. Do not overdo it with the flour, as you do want the dough to be elastic but not overly dry.

Place the ball of dough in a buttered bowl and turn it a couple of times to grease it. Cover the bowl with plastic and place it in a warm, draft free place in your kitchen. Allow the dough to double in size. This should take about two hours.

FOR THE FILLING:

4 TBS (56 grams) of unsalted, softened butter
1½ cups (330 grams) light brown or white sugar (do not use dark brown sugar)
1½ TBS (16.5 ml) ground cinnamon
¼ tsp. (1.25 ml) salt

Mix the sugar with the cinnamon and salt in a bowl.

ASSEMBLE THE ROLLS:

Line a 9x13 inch (23x33 centimeter) baking dish with aluminum foil. Let the foil hang about 3 inches (7 centimeters) on each end. Butter the foil inside the dish with unsalted butter.

Lightly flour a clean counter and dump the doubled dough on it. Punch it down a couple of times and roll it out into a rectangle about 16x20 inches (41x51 ¾ centimeters).

Spread the softened butter on it and liberally sprinkle it with all of the cinnamon sugar.

Roll the dough tightly and lengthwise away from you. Roll it into a cylinder. Pinch the ends to seal them. Cut the cylinder in half and then cut each into four or six pieces – depending on how small you want each cinnamon roll to be.

Place the rolls into the prepared pan cut side down. Cover the pan and allow the rolls to double in size for about an hour.

Heat your oven to 350 degrees F (176 C). Place the cinnamon rolls into the oven and bake for 30 to 35 minutes until they are browned and the sugar has melted inside of them.

Remove the rolls from the oven and place the pan on a cooling rack. Ice the hot rolls with half of the icing (recipe follows) and let them cool in the pan for about 30 minutes.

Pull the aluminum foil overhang and remove the rolls from the pan. Place them directly on to the cooling rack and finish icing. Enjoy.

These rolls are at their best the day they are baked so try and enjoy them today.

FOR THE ICING:

4 oz. (1/2 cup; 115 grams) of softened cream cheese

1 ½ cups confectioner's sugar (powdered; icing)

1 TBS (15 ml) milk

1 tsp. (5 ml) vanilla extract

Place all the ingredients in a bowl and whisk until smooth.