

Group Members: ☺-

☺- Lab Leader

K#

P#

Cinnamon Rolls

DAY 1

Dough

- 2 $\frac{1}{4}$ teaspoons active dry yeast
- $\frac{1}{2}$ Cup warm water (105-115 degrees F)
- $\frac{1}{3}$ Cup sugar, **PLUS**
- $\frac{1}{2}$ teaspoon sugar (use separate)
- $\frac{1}{2}$ Cup warmed milk
- 5 T butter, melted
- 1 teaspoon salt
- 1 egg, slightly beaten
- 3 $\frac{1}{2}$ Cups flour, or more if needed for kneading

Read through the directions/ingredients and:

CIRCLE all of the equipment needed
UNDERLINE all of the cooking techniques

1. Combine water and $\frac{1}{2}$ tsp sugar in a liquid measuring cup. Heat in the microwave until 105-115 degrees. Then add yeast and stir. Set aside to let foam.
2. In a Kitchen Aid mixing bowl, mix milk, remaining $\frac{1}{3}$ cup sugar, melted butter, salt and eggs.
3. Using the Kitchen Aid and dough hook attachment, combine well and add yeast mixture.
4. Add about half of the flour and beat until smooth.
5. Mix in enough of the remaining flour until dough is slightly stiff (dough will be slightly sticky but stiff enough to knead).
6. Turn out onto a well-floured board; knead 5-10 minutes.
 - a. **(Begin Your Filling Now if you haven't already!)**
7. Start to roll out the dough on a well-floured surface, to about the size of a cutting board. We will let the rising process happen in a cool rise setting in the fridge overnight.
8. Continue on to the filling directions now.

Filling

- 3 T melted butter, divided
- 1/2 cup sugar, divided
- 1 tablespoons cinnamon (may add more to desired taste)

Filling:

1. Spread dough with melted butter using a pastry brush.
2. Mix together 1/4 cup sugar with cinnamon; sprinkle over buttered dough.
3. Roll up and pinch edge together to seal, like a cylinder. If needed: use water on your finger to seal the edges.
4. Cut into 12-15 slices vertically, about 1 ½ inches thick.
5. Coat bottom of a 13x9 inch baking pan with remaining melted butter, then sprinkle with remaining sugar. Left over sugar after sprinkling can just be put back in sugar container.
6. Place cinnamon roll slices close (touching/hugging each other) together in pans (even if it does not fill the whole pan, keep them touching).
7. Cover, label (K# P#) and place in the refrigerators.

DAY 2

Preheat oven to 350 degrees F. Bake 25-30 minutes, or until rolls are nicely browned. Cool rolls slightly.

Creamy Glaze

- 1/3 cup melted butter
- 2 cups powdered sugar
 - 1 teaspoons Vanilla
- 3 tablespoons hot water, more as needed

Creamy Glaze: Meanwhile, in med. bowl, mix melted butter, powdered sugar and vanilla; add hot water 1 Tablespoon at a time until glaze reaches desired spreading consistency. Spread over slightly cooled rolls.