

# CINNAMON ROLLS

YIELD: 12 cinnamon rolls | TIME: 2 hours prep, 25 minute bake



## WHAT YOU NEED:

### DOUGH

400 grams all purpose flour  
212 grams water,  
50 grams milk  
24 grams unsalted butter, room temp  
30 grams granulated white sugar  
7.2 grams kosher salt  
7.2 grams instant dry yeast  
Zest of 1 orange

### FILLING

152g brown sugar, packed  
2 tbsp ground cinnamon  
57g unsalted butter, very soft  
100ml heavy cream, room temp

### FROSTING

8 oz plain cream cheese, (1 block)  
125 grams confectioners sugar,  
2 tsp Fiori di Sicilia

**NOTE:** You may substitute the Fiori di Sicilia with:

1 tsp orange blossom extract and  
1 tsp vanilla extract

Or:  
1/2 tsp orange extract  
1 tsp vanilla extract

Adjust as needed to taste.

...See next page for tools

## PREPARATION:

### STEP 1: MAKE THE DOUGH

Combine the flour, water, milk, sugar, instant dry yeast, and salt in the bowl of a stand mixer, or a large bowl if kneading by hand.

Using a stand mixer fitted with the dough hook attachment on a low speed, knead the dough for about 5 minutes or until the dough is no longer shaggy, but still has some lumps. Slowly add the butter, one small piece at a time, until it is fully incorporated into the dough. Continue to knead it is smooth, elastic, and the sides of the bowl are clean, about 5 more minutes.

Check the dough using the windowpane test. If it tears, knead for 1-2 more minutes before checking again. If the dough is too sticky (meaning it sticks to sides of the bowl), add flour, 1 tbsp at a time as needed. The dough should be very soft, but not too sticky to handle.

### STEP 2: FIRST RISE

Once the dough has reached the windowpane stage, shape it into a ball and place the kneaded dough in a clean and lightly oiled bowl in a warm, draft free place. Allow to rise, covered with a tea towel, until doubled, about 1-1.5 hrs. This time may be more or less depending on the temperature of your home.

### STEP 3: MAKE THE FILLING

When the dough has finished rising, beat the 57g of butter, the cinnamon, and the brown sugar in the bowl of a stand mixer until combined.

### STEP 4: FILL THE ROLLS

When the dough has finished proofing, preheat the oven to 350°F.

Once the dough has doubled in size, turn it out onto a lightly floured surface and roll it into a rectangle that is 12"x18". Use a ruler or straight edged tool to square up the corners nicely for neater rolling.

Using an offset spatula, spread the very soft butter, sugar, and cinnamon mixture all over the dough, leaving about a 1/4" margin.

*recipe cont'd on the next page.*

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## WHAT YOU NEED:

### TOOLS

[Baker's Scale](#)  
[Challenger Bread Pan](#)  
Offset Spatula  
Stand Mixer  
[Oven Gloves](#)  
[Pre-Cut Parchment Paper](#)  
Unflavored Dental Floss  
[Flour Sack Towels](#)

## PREPARATION:

### STEP 5: SHAPE & SECOND RISE

Starting with the long side, tightly roll the dough into a log, pinching the seam closed on the bottom. Place in the fridge to firm up for about 20 minutes.

Trim the ends, and using a piece of unflavored dental floss, cut into 12 equal rolls. Slide the strand of the floss underneath the log of dough, criss-cross the strands over the top of the dough, and then pull each strand outward. You should get a very neat and clean cut. Continue until all the rolls are cut.

Line your Challenger Bread Pan with a sheet of Pre Cut Parchment Paper. Add the buns, and cover and allow to proof for 30-45 mins until puffy.

### STEP 6: BAKE

When the buns are proofed and ready to be baked, pour the 100ml of cream over them, making sure to cover the centers of each bun. Bake for 20-25 minutes until golden.

### STEP 7: MAKE THE FROSTING

While the buns are baking, make the frosting. Combine all of the frosting ingredients in the bowl of a stand mixer fitted with a paddle attachment (or you can use electric beaters). Beat until smooth.

### STEP 8: SERVE

Allow the buns to cool for 10 minutes before frosting with an offset spatula. Top with orange zest, if desired.

