

Cinnamon Rolls

Proofing the Yeast	Ingredients For Dough	Ingredients for Filling
125 ml warm water 5 ml sugar 10 ml active dry yeast	125 ml milk 30 ml butter 25 ml sugar 5 ml salt 1 egg, beaten 650 ml flour (plus extra for kneading)	40 ml butter, soft 100 ml brown sugar 15 ml cinnamon
		Coating for the tops of the rolls
		10 ml butter

INSTRUCTIONS

Day 1

1. In small bowl dissolve 5 ml of sugar in 125 ml of very warm water. Add the 10 ml of yeast and give it a stir. Let sit for 10 minutes or until very foamy.
2. Add the milk to the glass liquid measure. Put it in the microwave for about 40 seconds or until very hot.
3. Add the salt, sugar and butter to the hot milk and stir until it all dissolves.
4. When mixture has cooled add the beaten egg.
5. Transfer the yeast and milk mixture to the stand mixer bowl.
8. Turn on the standup mixer and add the flour in to the yeast mixture a bit at a time. Mix until the flour has been worked into the dough.
9. Knead the dough on the counter with a little bit of extra flour until it is smooth, silky and stretchy and no longer sticky. Do not over knead!

Day 2

10. Preheat the oven to 375°F.
11. Line a 8 x 8" pan with parchment paper.
12. Knead the dough for a few minutes,
13. Roll the dough out into a large rectangle.
14. Using a metal spatula spread 40 ml of soft butter on top of the dough and then add the brown sugar and cinnamon mixture.
15. Roll up from one end. Tuck in the ends and keep the seam side down. Cut it into 8 pieces.
16. Lay the cinnamon rolls (cut side up) in the pan and allow them to rise at room temperature for 20 min.
17. Before baking the cinnamon rolls, lightly brush the tops of the rolls with the 10 ml of melted butter so that the tops do not dry out while baking.
18. Bake the buns for 20-25 mins or until golden brown on top.