

UBC Cinnamon Bun Recipe

Dough

| Full | 1/2 recipe | ingredient |
|------|------------|--|
| 3 | _____ | cups (750 mL) 2% milk |
| 6 | _____ | tablespoons (90 mL) butter |
| 6 | _____ | tablespoons (90 mL) granulated sugar |
| 1 | _____ | tablespoon (15 mL) salt |
| 1 | _____ | teaspoon (5 mL) sugar |
| 1/2 | _____ | cup (125 mL) warm water |
| 2 | _____ | (8 g) packages active dry yeast |
| 2 | _____ | large eggs |
| 9 | _____ | cups (2.25 L) all-purpose flour, about |

Filling

| | | |
|-------|-------|-------------------------------------|
| 1 1/4 | _____ | cups (300 mL) sugar |
| 2 | _____ | tablespoons (30 mL) ground cinnamon |
| 3/4 | _____ | cup (175 mL) melted butter, divided |

Dough:

Scald milk. Stir in butter, 6 tablespoons _____ (90 mL) sugar and salt. Cool to lukewarm.

Dissolve the 1 teaspoon (5 mL) sugar in lukewarm water. Sprinkle yeast over water mixture. Let stand in warm place for 10 minutes; stir.

In large bowl, combine lukewarm milk mixture and eggs. Stir in dissolved yeast. Add 4 to 5 _____ cups (1 to 1.25 L) flour and beat well for 10 minutes. With wooden spoon, gradually add enough of the remaining flour to make a soft dough. Turn dough out on to lightly floured surface and knead until smooth and elastic, adding additional flour as needed. (This is a soft dough.) Place in well greased bowl and roll dough over to grease the top. Cover with a damp cloth and let rise in warm place for 1 hour or until double in size.

Meanwhile prepare **filling**: In small bowl, combine sugar and cinnamon; set aside.

Punch down dough and turn out on to lightly floured surface. Divide dough in half.

Roll out each piece of dough into 18×9-inch (46×23 cm) rectangle. Brush each rectangle generously with melted butter. Place remaining melted butter in bottom of 16 1/2 x 11 1/2 x 2 1/2-inch (42x29x6 cm) pan.

Sprinkle an equal portion of sugar-cinnamon mixture evenly over each rectangle. Roll each dough rectangle up tightly like a jelly roll, starting from the long side; pinch seam to seal. With sharp knife, cut into 2-inch (5 cm) slices. Arrange slices, cut-side down, in prepared pan and cover loosely with greased wax paper. Let rise in warm place for 45 to 60 minutes or until doubled in size.

Bake at 350 F (180 C) for 35 to 45 minutes or until baked. Remove from oven and immediately invert on to serving tray.

Makes 18 large cinnamon buns.