

UBC CINNAMON BUNS

Dough

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 18x9-inch (46x23 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.