

Cinnamon Rolls

Shear decadence

Yield: 8 large cinnamon rolls

Dough ingredients

8 g	active dry yeast	2 tsp
260 g	warm milk	1 cup
100 g	white granulated sugar	1/2 cup
15 ml	baking powder	1 Tbsp
480 g	Valley Kitchen All-purpose flour	4 cups
75 g	butter, softened	1/3 cup
2	eggs, large	2

Filling ingredients

175 g	brown sugar	1 cup
24 g	cinnamon	3 tbsp
75 g	butter	1/3 cup

Glaze ingredients

100 g	icing sugar	2 cups
30 ml	milk	2 Tbsp
5 ml	vanilla extract	1 tsp
30 g	butter, softened	2 Tbsp



Per rolled, glazed:
 calories 640
 fat 28 g
 saturated fat 13 g
 omega-3 fat 4 g
 sodium 260 mg
 carbohydrate 94 g
 fiber 10 g
 sugar 54 g
 protein 11 g

- Dissolve the yeast in the warm milk (100-110°F/ 38-43°C) in a bowl and set aside for 5-10 minutes to proof.
- For best results, ensure the flour, eggs, and bowls are warm before using them.
- While the yeast is proofing, in a large mixer bowl, combine the sugar, baking powder, and flour. Make a well in the center of the dry ingredients and add the butter, eggs, and active milk / yeast mixture. Mix together for 2 to 3 minutes until well blended.
- Remove from the mixer, cover and let rise in a warm place for 15-20 minutes, or until the dough has started to rise.
- Make the filling while the dough is proofing. Combine the butter, brown sugar and cinnamon in a bowl and mix. Warm in a micro-wave oven to make a spreadable consistency.
- Butter a 9 x 13 inch glass baking pan.
- When dough has started to rise, turn onto a warm, floured counter. Lightly knead the dough and shape into a log about 12-14 inches long. Roll the dough flat, 14 inches long by 12 inches wide. The dough should be approx. ¼ inch thick.
- Spread the filling mixture evenly over the surface of the dough.
- Working with the long edge, roll the dough into a log shape. The roll should be about 14 inches in length. Trim the ends and then cut the roll into 8 x 1½ inch slices.
- Flatten slightly and place the cut rolls in the prepared pan. Cover them with a towel to rise in a warm place for 30-45 minutes, or until they fill the pan.
- Bake for 20 – 22 minutes.
- Prepare the glaze by mixing the icing sugar, butter, flavouring, and milk. Add extra milk, in tablespoon portions, as required to make a spreadable glaze.
- Spread the glaze over the rolls after they have cooled.

