

Cinnamon Rolls

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Ingredients

Dough

- 1 cup warm milk (100° F - basically about your body temp)
- 1 tbs active dry yeast (8 grams or basically a packet)
- 1/2 cup honey (80 grams)
- 2 eggs
- 6 tbs melted butter
- 4 to 4 1/2 cups bread flour (about 550 grams)
- 1 tsp ground cinnamon
- 1 tsp salt

Filling

- 1 cup brown sugar or coconut sugar
- 2 1/2 tbs ground cinnamon
- 6 tbs melted butter

Frosting

- 8 oz cream cheese (basically one package)
- 1/4 cup softened butter
- 2 cups powdered sugar (240 grams)
- 1/2 tsp vanilla extract
- 1/4 tsp salt

Directions

1. 1 cup warm milk (100° F) in a bowl. Add yeast to the warm milk and give a quick stir, let it sit and ferment for about 5 minutes and you see “the bloom” – foamy yeast on the surface of the milk.
2. Add honey, eggs, vanilla and melted butter and mix together.
3. Add dry ingredients – cinnamon, salt, and flour and mix together. The dough will start to ball up as you mix it. Knead dough until smooth.
4. Roll into a big dough ball and place in a bowl. Cover bowl and let the dough rise in a warm place for about an hour or until it doubles in size.



5. As the dough is rising you can make the filling – combine the cinnamon and brown sugar in a bowl (can do a 1:1 substitute with coconut sugar instead of brown sugar)
6. Take your risen dough out of the bowl and place on a lightly floured surface. Make a fist and give it a light punch right in the middle. Lightly punch out towards the edges to begin your rectangle.
7. Roll out the dough into a 24” x 12” rectangle about 1/4 inch thick
8. Spread your filling over the dough.
9. With the long side (24”) closest to you, start to roll the dough up into a log. Cut the dough log into 12 equal sized pieces – they usually end up about 2” each
10. Line a glass baking dish (I use a 9” x 13”) with parchment paper (or lightly grease with butter) and place your rolls evenly spaced into the dish
11. Cover the dish and let the rolls rise until doubled in size (usually takes 30 minutes) You can also let them rise in the fridge overnight and cover with both plastic wrap and a tea towel so they don’t rise too much overnight.
12. Preheat your oven to 350° F. Bake your rolls for 18 – 20 minutes or until golden brown.
13. When your rolls are in the oven you can make the cream cheese frosting – place the cream cheese, butter, vanilla, salt, and powdered sugar in a bowl and beat together. Keep at room temperature, do not chill
14. Take your rolls out of the oven once baked and let rest for five minutes
15. When rolls are still warm (but not piping hot) spread your frosting on top and that’s it! You’re ready to eat!

