

Cinnamon Rolls

Note: this is a very “ish” recipe, I will try and be specific as possible ☺

Dough:

¾ cup milk

1 egg

3 cups all-purpose flour

1 tsp salt

4 Tbs butter (room temp if using a mixer)

1/3 cup sugar (white)

1 ½ tsp yeast

I use a bread machine but putting all of the above into your mixer will work too. Mix all ingredients together and then dump out onto well-floured surface and knead until smooth. If the dough seems “wet” add a bit more flour. Put back into the bowl and let it rest for a bit. You can put into the fridge at this point too if you are making the dough the night before.

About 2-3 hours before you want finished cinnamon rolls, roll out dough into a rectangle on well-floured surface until 1/4ish thick. In a small bowl put 3-4 Tbsp butter and an equal amount of cream cheese. Microwave until melted enough to mix together (maybe 2 x 30 seconds). Spread on dough like icing, leaving about an inch on one long edge untouched. Sprinkle liberally with brown sugar and cinnamon (can also add finely chopped almonds).

Starting on the other long edge, carefully roll dough like you would a carpet. You may need to pull up the “clean” edge up and over from the bottom to finish so that you don’t squish out all the good stuff. Carefully roll entire roll so seam is on the bottom. Use a sharp knife to slice the roll into, well, rolls, and arrange in baking dish. The rolls should not fill the dish.

Lightly cover dish and put in a warm spot to rise for at least an hour, or whenever the rolls grow to fill the pan. You can warm up your oven then turn it off and set the pan in there to rise with the door cracked open.

When they are sufficiently risen, turn on oven to 350 degrees and bake until golden brown. They cook pretty quicky – 15-20 minutes should do it.

I’ve made these a ton the night before, leaving them to rise overnight. Technically this is “over proofed” (for you GBBO fans) and the rolls are fluffier and taste yeastier. Also good. Really any dough that’s baked with cinnamon and brown sugar is delish ☺