

## Cinnamon Rolls from Laura

Christmas 2020

### 1 Batch - if your mixer is smaller than mine

#### Dough

1 cup warm water  
2 TABLESPOONS sugar  
400 grams or 3 1/4 cups flour  
1 packet instant yeast (more on this) \*  
1 1/2 teaspoons regular salt  
2 TABLESPOONS oil

#### Filling

3 TABLESPOONS melted butter  
1/2 cup sugar  
1 teaspoon cinnamon

#### Frosting

1 TABLESPOON cream cheese  
2 cups powdered sugar, sifted  
2 TABLESPOONS water or milk  
1 pinch of salt

### 2 batches - if you have a big (6-quart) mixer

#### Dough

2 cups warm water  
1/4 c sugar  
800 grams or 6 1/2 cups flour  
2 packets instant yeast (more on this)  
1 TABLESPOONS regular salt  
1/4 cup oil

I made the second batch into dinner rolls and baked with the cinnamon rolls because I'm not THAT much of a sugar fiend. Just shape and bake, then when they come out of the oven brush with melted butter and sprinkle salt on top.

Mix water and sugar together until sugar is dissolved, like in the liquid measuring cup you used to measure the water. \* If you have rapid rise yeast instead of instant yeast, simply mix the yeast in the warm water with the sugar to get it started.

In the bowl of a standing mixer, or just in a bowl, put flour, instant yeast (see above if you have rapid rise yeast) and salt. Mix a bit to combine a bit. Add the water mixture, and the oil.

If you are mixing by hand stir until the dough comes together enough. Then put on a flat surface and knead until smooth. If mixing with a stand mixer let the machine stir and knead until smooth, **about 5 minutes.**

Coat a bowl generously with oil and transfer dough to the bowl. Turn the dough over a few times to thoroughly coat the outside. **Let rise about 30 minutes.**

After the first rise dump the dough out onto a flat surface. You do not need flour on the surface because you have the oil from the bowl. Spread the dough out thinly into a rectangle with the long side closest to you. You can use a rolling pin but the dough is so soft I can use my hands when it's just one batch. It will be about 18" wide by 12" tall. Roughly. Don't worry about being too precise. What you want is to have enough rolling of the dough so you get a nice swirl.

Melt the butter and spread on the dough (use a pastry brush or your hands). Then mix the cinnamon and sugar in a small bowl and sprinkle all over the dough edge to edge. Start in one corner on the long

side closest to you and start to roll up the edge. Work your way across, and go back and forth rolling as you go. You want to roll it tight enough that it doesn't sag but it shouldn't be tight.

With the dough rolled into a long snake slice it into 2" length. I use unwaxed unflavored dental floss but it's not something I expect everyone to have. A knife works also.

Prepare a pan by greasing it with Crisco. You can use an 8"x8" or a 9"x9" square pan. A cake tin will work as well.

Put the rolls in the pan with the spiral facing up and let rise another 30 minutes.

After 15 minutes preheat your oven to 400 degrees.

When the oven is hot bake them for about 25 minutes until the tops are browned to about an oak shade of brown, or a thermometer inserted to the middle of center a roll registers 190-200 degrees.

Remove from oven and allow to cool about 15 minutes a bit before frosting. Frosting them too soon will result in disappearing frosting and that would be just sad.

While you wait, instead of chewing off your fingers in anticipation stay busy and get a grip on yourself. And prepare the frosting.

Sift the powdered sugar. Or not. But I end up with lumps if I don't. Add the cream cheese, milk and salt. So if you don't have cream cheese it's really there to prevent the frosting from being too sweet, you can use butter instead. The salt is for the same reason. Mix until thoroughly combined.

After the cooling off period frost them puppies and consume.