



Cinnamon Rolls from Scratch



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Introduction

Cinnamon rolls are a beloved treat, perfect for breakfast or an afternoon snack. With their warm cinnamon filling and soft, pillow-y texture, they offer a delightful experience for the taste buds. This recipe guides you through making cinnamon rolls from scratch, ensuring that each step is simple and approachable, even for novice bakers.

Detailed Ingredients with Measures

For the dough:

- all-purpose flour: 4 cups
- granulated sugar: 1/3 cup
- active dry yeast: 2 1/4 teaspoons
- milk: 1 cup
- unsalted butter: 1/2 cup
- eggs: 2
- salt: 1 teaspoon

For the filling:

- brown sugar: 1 cup
- ground cinnamon: 2 tablespoons
- unsalted butter: 1/2 cup (softened)

For the frosting:

- cream cheese: 4 ounces (softened)
- unsalted butter: 1/4 cup (softened)
- powdered sugar: 1 cup
- vanilla extract: 1 teaspoon
- milk: 2 tablespoons (optional for consistency)

Prep Time

The preparation time for these cinnamon rolls is approximately 30 minutes. This includes mixing the dough and preparing the filling.

Cook Time, Total Time, Yield

The cook time is about 25 to 30 minutes. The total time from start to finish, including rising and baking, is around 2 hours. This recipe yields about 12 delicious cinnamon rolls, perfect for sharing with family and friends.

Enjoy the process of baking and the delicious results that follow!



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Detailed Directions and Instructions

Step 1: Prepare the Dough

In a mixing bowl, combine the warm milk, sugar, and yeast. Let it sit for about 5-10 minutes until it foams. Then, add melted butter, an egg, and salt. Gradually add flour until a soft dough forms.

Step 2: Knead the Dough

Transfer the dough onto a floured surface. Knead for about 5-7 minutes until it becomes smooth and elastic.

Step 3: Let the Dough Rise

Place the kneaded dough into a greased bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour or until it doubles in size.

See also Eton Mess

Step 4: Make the Filling

While the dough is rising, prepare the filling by mixing brown sugar, cinnamon, and softened butter in a bowl until well combined.

Step 5: Roll Out the Dough

Once the dough has risen, turn it out onto a floured surface. Roll it into a rectangle about $\frac{1}{4}$ inch thick.

Step 6: Spread the Filling

Spread the prepared filling evenly over the rolled-out dough, making sure to cover all edges.

Step 7: Roll the Dough

Starting from one long edge, carefully roll the dough into a tight log. Pinch the seam to seal it.

Step 8: Cut the Rolls

Using a sharp knife or a dough cutter, slice the log into even pieces, about 1.5 inches thick.

Step 9: Arrange the Rolls

Place the sliced rolls in a greased baking dish. Cover with a cloth and let them rise for another 30-40 minutes.

Step 10: Bake the Rolls

Preheat the oven to 350°F (175°C). Bake the cinnamon rolls for 25-30 minutes or until golden brown on top.

Step 11: Prepare the Glaze

While the rolls are baking, prepare the glaze by mixing powdered sugar, milk, and vanilla extract in a bowl until smooth.

Step 12: Glaze the Rolls

Once the cinnamon rolls are done baking, remove them from the oven and drench them with the glaze while they are still warm.

Notes

Note 1:

Make sure the milk is warm but not hot to avoid killing the yeast.

Note 2:

You can let the dough rise in a slightly warm oven if your kitchen is cold.

Note 3:

For extra flavor, consider adding chopped nuts or raisins to the filling.

Note 4:

These cinnamon rolls can be stored in an airtight container at room temperature for a couple of days.

See also Mango Milk Cake

Note 5:

For freezing, allow the rolls to cool completely, then wrap them tightly. They can be frozen for up to a month.



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Cook techniques

Proofing the Dough

Proofing is the process of allowing the yeast dough to rise. This is crucial for achieving fluffy cinnamon rolls. Make sure to place the dough in a warm, draft-free area to speed up the rising process.

Rolling the Dough

When rolling the dough, aim for an even thickness to ensure uniform cooking. Roll it out gently and maintain an even rectangle shape to help create consistent rolls.

Filling Application

Spread the filling evenly across the dough before rolling it up. This ensures each bite is flavorful and contains the delicious cinnamon-sugar mixture.

Cutting the Rolls

Use a sharp knife or dental floss to cut the rolled dough into even pieces. This helps maintain the shape of the rolls and keeps them from becoming squished.

Baking Perfectly

Bake the cinnamon rolls until golden brown. Keep an eye on them towards the end of the baking time to prevent over-baking, which can dry them out.

FAQ

Can I use instant yeast instead of active dry yeast?

Yes, you can substitute instant yeast for active dry yeast. The rising times may slightly differ, so follow the instructions on the yeast package.

How do I store leftover cinnamon rolls?

Store leftover cinnamon rolls in an airtight container at room temperature for up to two days or refrigerate them for a week. You can also freeze them for extended storage.

Can I make these cinnamon rolls ahead of time?

Yes, you can prepare the dough and fillings in advance. Store them separately in the refrigerator overnight and assemble the rolls in the morning for fresh baking.

See also [Swirled Pumpkin Cheesecake](#)

What can I use instead of buttermilk?

If you don't have buttermilk, you can create a substitute by mixing milk with a tablespoon of vinegar or lemon juice. Let it sit for a few minutes until it thickens.

How do I achieve gooey cinnamon rolls?

To achieve gooey cinnamon rolls, ensure you have a generous amount of filling and consider adding a glaze or frosting immediately after baking for added moisture.



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Conclusion

The homemade cinnamon rolls are not only delicious but also an enjoyable baking project for anyone looking to treat themselves or their loved ones. With the right ingredients and some simple steps, you can create soft, fluffy rolls that are perfectly spiced and glazed. This delightful recipe is sure to become a family favorite, providing warmth and comfort in every bite.

More recipes suggestions and combination

Cream Cheese Frosting

Pair your cinnamon rolls with a rich and creamy cream cheese frosting for an extra layer of flavor that complements the spices beautifully.

Churro Cinnamon Rolls

Elevate your cinnamon rolls by adding a churro twist. Roll the dough in cinnamon sugar before baking for a crunchy, sweet exterior.

Maple Glaze

Substitute the traditional icing with a maple glaze for a unique flavor profile that adds a delightful sweetness to your cinnamon rolls.

Nutty Cinnamon Rolls

Incorporate chopped nuts, such as pecans or walnuts, into the filling for a crunchy texture and additional flavor that goes hand in hand with the cinnamon.

Caramel Sauce Drizzle

Drizzle warm caramel sauce over your rolls before serving for a decadent finish that takes them to the next level of indulgence.

Fruit Filling Variations

Experiment with various fruit fillings like apples or berries mixed with cinnamon for a fruity twist that introduces new flavors and textures.



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