

Cinnamon Rolls

16 rolls

Comments: Original by Ruth Carpenter; dough can be used for hamburger or hot dog buns (don't use optional extracts when making hamburger or hot dog buns)

Ingredients

Dough

1 1/2 C	milk	1/2 C	oil or 1/2 C soft shortening & unsalted butter mixed
1/2 C	water, 110°F-120°F		
2 T	active dry yeast ¹	2 t	salt
pinch	granulated sugar	1/4 t+	vanilla extract (optional)
2	eggs	1/4 t+	almond extract (optional)
1/2 C	granulated sugar	6 C about	all-purpose flour

Filling

1 C	granulated sugar	6 oz	unsalted butter, melted
1 1/2 C	light brown sugar	2 T	vegetable oil
2 T	ground cinnamon	2 T	light brown sugar

Preparation

1. Scald (180°F) milk; let cool to lukewarm (110°F-120°F) (about 12 minutes).
2. Proof yeast in water with a pinch of sugar. (about 4 minutes)
3. Lightly beat together eggs, 1/2 cup sugar, oil & salt; add yeast & milk; mix well.
4. Add about 4 cups flour, 2 cups at a time, to make a soft dough.
5. Knead the dough on a floured surface or in a mixer² with a dough hook for 10-12 minutes or until smooth adding flour as needed. Do not add too much flour or the dough will get stiff; the dough should be soft and slightly sticky.
6. Rub the surface of a large bowl at least 2-3 times the volume of the dough with a little vegetable oil. Place the dough in the bowl, move it around slightly to collect some of the oil and then flip the dough ball over. Cover the bowl with a damp cloth. Let rise in a warm, draft-free place for 1 hour. A good way to do this is to turn the oven on for 1 minute and then shut it off. Place the bowl in the oven³.
7. Mix cinnamon, brown sugar and 1 cup sugar.
8. Divide dough into 2 parts. Roll out to about 9-inches x 16-inches.
9. Brush dough with melted butter. Sprinkle with sugar, cinnamon and brown sugar mixture; spread evenly.
10. Roll, starting on long side. Cut into eight 2-inch rolls.
11. Coat bottom of 2 6-inch x 9-inch baking pans with a little melted butter and a little oil; sprinkle the bottom of each pan with about 1 T brown sugar; place rolls in pan on cut side arranging them 2, 1, 2, 1, 2
12. Cover with aluminum foil and place in a refrigerator 6-8 hours to rise; remove from refrigerator at least 20 minutes before baking.
13. Bake at 350°F a total of 30-40 minutes; bake first 18 minutes with a loose aluminum foil cover. Remove the aluminum foil and continue baking for 12 minutes. Continue baking, if needed, checking every 3-4 minutes until the tops are slightly dark brown. In you use a conventional oven, rotate the pans and move them from upper to lower shelf when you remove the aluminum foil cover and ever time you check for doneness. This prevents the sugary bottom surface from getting too brown or burning. If you use a convection oven you will not need to move the pans.
14. Turn onto waxed paper; cool. After the rolls have cooled slightly place aluminum foil, parchment paper, or waxed paper over the rolls to help prevent them from drying out.

¹ Yeast packages contain 2 1/4 tsp so 2 T equals 2 packages dry yeast plus 1/2 T. If you bake a fair amount it's easier (and more economical) to buy yeast in 4-ounce jars. Once the jar is opened the yeast should be used within 4 months.

² If using a mixer, when adding flour you're looking for a point where the dough doesn't climb too far up the dough hook but still is not too wet. Knead at a fairly fast speed (4 on a Kitchen Aid) so that the dough will slap against the sides of the bowl as it rises slightly up the dough hook. You can try to cover the dough hook with a little vegetable oil to prevent the dough from rising on the hook too far, but this is usually not necessary if the mixture is right. After the dough has kneaded in the mixer, turn it onto a floured board and knead by hand for a minute or so to get to the final consistency.

³ The original recipe said to let rise until doubled (about 45 minutes); punch down and let rise again until doubled; punch down. This technique can be used if the dough is not going to be refrigerated.