

Cinnamon Rolls

24 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

| | | | |
|---------|-------------------------------|-----------|---|
| 2 1/4 C | milk | 3/4 C | oil or 3/4 C soft shortening & unsalted butter mixed ² |
| 3/4 C | water, 110°F-120°F | | |
| 3 T | active dry yeast ¹ | 3 t | salt |
| pinch | granulated sugar | 1/2 t+ | vanilla extract (optional) |
| 3 | eggs (approx. 2/3 C) | 1/2 t+ | almond extract (optional) |
| 3/4 C | granulated sugar | 9 C about | all-purpose flour |

Filling

| | | | |
|---------|-------------------|------|-------------------------|
| 1 1/2 C | granulated sugar | 9 oz | unsalted butter, melted |
| 2 1/4 C | light brown sugar | 2 T | vegetable oil |
| 3 T | ground cinnamon | 6 T | light brown sugar |

Preparation

1. Scald (180°F 8 minutes medium high) milk; let cool to lukewarm (110°F-120°F) (about 18 minutes to cool).
2. Proof yeast in water with a pinch of sugar. (about 4 minutes)
3. Lightly beat together eggs, 3/4 cup sugar, oil & salt; add yeast & milk; mix well.
4. Add about 7 cups flour, 2 cups at a time, to make a soft dough.
5. Knead the dough on a floured surface or in a mixer³ with a dough hook for 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 oven⁴.
7. Mix cinnamon, brown sugar and 1 1/2 cup sugar.
8. Prepare the pans by pouring about 2 T oil and 2 T melted butter in the bottom of each of 2 9-inch x 13-inch baking pans⁵. Mix and brush the bottom and sides of the pan. Sprinkle the bottom of each pan with about 3 T brown sugar
8. Divide dough into 3 parts. Roll each out into a rectangle about 9-inches x 16-inches on a lightly floured surface.
9. Brush dough with 1/3 of the melted butter. Sprinkle with 1/3 of the sugar, cinnamon and brown sugar mixture; spread evenly.
10. Roll the dough evenly starting on long side. Pinch edge of dough into roll to seal well. Shape and stretch the roll with your hand to create an even diameter throughout its length. Cut the dough into 8 2-inch slices.
11. Place the rolls slightly apart on their cut sides in the prepared pans⁶ arranging them in 3 rows and 4 columns. Repeat the process with the other sections of the dough.
12. Cover with aluminum foil and place in a refrigerator 6-8 hours to rise; remove from refrigerator at least 60 minutes before baking or let the rolls rise to double in the pan, about 40 minutes.⁷
13. Bake at 350°F a total of 30-40 minutes⁸; bake first 22 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. Rotate the pans if needed.⁹

14. Turn onto waxed paper; cool. After the rolls have cooled slightly place aluminum foil, parchment paper, or waxed paper, sprayed with a little oil to avoid sticking, over the rolls to help prevent them from drying out.
15. Serve or wrap the rolls in aluminum foil for freezing.

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 Experiment: 1/4 C shortening and 1/2 C unsalted butter. Made sure to cream the shortening, butter, sugar and salt for a few minutes until well blended. Slowly added eggs, one at a time. Added milk and water/yeast mixture.

³ 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.

⁴ 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.

⁵ Since pan sizes, including height, can vary, the volume of the baking pans (how much they will hold) is important to know. A pan 6 3/4-inch by 10 1/2-inch by 1 3/8-inch will hold 6 cups while one 9-inch by 13-inch by 2 1/4-inch will hold 18 cups. These rolls do much better in the larger pans and the volume of the recipe were increased 50% to better fill these pans.

⁶ One suggestion is to use greased medium muffin cups 1 1/2-inches by 1 1/4-inches.

⁷ If you want to bake the rolls right away, let the dough rise in the pans until doubled, about 40 minutes.

⁸ Another recipe calls for baking at 375°F for 25 to 30 minutes.

⁹ Depending on your oven, you may need to rotate the pans to get even cooking and browning and to prevent the sugary bottom surface from getting too brown or burning.. One technique is to start the baking process with the two pans on different shelves in the oven. To rotate, turn the pans 180 degrees and then swap the pans from upper-to-lower and lower-to-upper shelves. This process may need to be done once or twice during the cooking process depending on the oven.