

### YEAST DOUGH CINNAMON BUNS

- 1<sup>st</sup> rising - fermentation (dough) - oven temp 170°F for 20 min  
2<sup>nd</sup> proof (bun) – room temp for 20 min  
3<sup>rd</sup> oven bake, temp 375°F - bake for 20-25 min

#### **SWEET DOUGH:**

- 125 mL warm water
- 5 mL sugar
- 10 mL yeast
- 125 mL milk
- 30 mL margarine
- 25 mL sugar
- 5 mL salt
- 1 egg, beaten
- 830 mL flour (plus a little extra for kneading)



#### **FILLING:**

- 60 mL margarine, very soft
- 80 mL brown sugar and 60 mL of white sugar
- 10 mL cinnamon

#### **Method:**

1. Preheat oven to lowest temp (170°F).
2. In glass liquid measure, dissolve 5 mL of sugar in 125 mL of very warm water.
3. Gently sprinkle the 10 mL of yeast over top of the water and give it one stir. Let it sit for 5-10 minutes or until very foamy on top.
4. In a **medium bowl**, measure out 839 mL of flour.
5. Put the milk in a glass liquid measure and microwave it for 45 secs till it is steaming hot. Add the margarine, stir till it melts, then stir in the sugar and salt.
6. Transfer the milk mixture to a **large bowl** and add the beaten egg and the yeast.

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7. Add 250 mL of flour to the yeast mixture and stir with a **wooden spoon**. Add another 250 mL and stir. Add another 250 mL and stir. Add the last 80 mL and stir till the dough is no longer sticky.
8. Knead the dough on the counter with a little bit of extra flour until it is smooth, silky and stretchy and no longer sticky.
9. Take the **medium bowl**, that the flour was in and add 10 mL of oil. Place your dough in the bowl and coat it with the oil, then flip it over and place a tea towel, folded in half, over top of the bowl and let the dough rise in the oven for 20 min or until double in size (finger holes don't close in).
10. Turn off the oven at this point so you don't kill the yeast while it rises.
11. Lightly grease the 9 x 9 pan with the margarine wrapper. Then in your **small** bowl mix together the brown sugar, white sugar and cinnamon.
12. Remove the dough from the oven and **TURN OVEN BACK ON TO 400 °F.**
13. Take the dough out of the bowl and punch it down a few times to get rid of the air bubbles, then knead it a few times on a lightly floured counter. Then shape it into a rectangle and roll it out with a rolling pin into a rectangle, 14" x 10"
14. Using a small metal spatula, spread the dough with the 60 mL of soft margarine and then pour on the sugar mixture and spread it out evenly on the dough using your hands.
15. Roll up the dough from one short end to the other making sure to keep the roll tight and even in size with the ends meeting up squarely. Lay it seam side down on your cutting board, tuck in the ends and then cut it into **9** thick even slices.
16. Lay the slices, cut side up in the greased pan. Allow them to sit on the stove top where it is very warm for 20 minutes or until they have spread out in the pan. Bake the buns for 23-25 minutes or until golden brown on top.
17. Run a small metal spatula around the edges to loosen the buns and then invert them onto a cooling rack.
18. Icing: In a glass liquid measure melt 15 mL of butter, add 15 mL of milk + 1-2 mL of flavoring. Using a fork stir in 150 mL of icing sugar. Spread on warm buns.