Quick Cinnamon Rolls

From Elizabeth at OhioThoughts Blog

Ingredients:
4 ½ teaspoons active dry yeast (room temperature)
3 to 4 tablespoons sugar (or use raw honey)
1 ½ teaspoon salt
¼ cup real maple syrup (or use melted butter)
1 ¼ cup warm milk 105 degrees
3 - 3 1/2 cup all purpose unbleached flour

Directions:
Put water, yeast and sugar in small bowl and stir until dissolved. Let sit for 3 to 4 minutes or until foamy. If it does not bubble or get foamy, your yeast is bad. Place yeast mixture into mixer bowl and add salt and butter, mix.
Using the flat beater, add flour 1/2 cup at a time, mixing well after each addition. Continue adding flour until you have a soft dough. Switch to dough hook and turn on speed #1 or low to knead approximately 4 to 6 minutes or until dough is smooth and elastic.

Cover bowl with Saran wrap or damp dish cloth and let rest 5 to 10 minutes in the bowl.
Remove dough from bowl and place on lightly floured surface or parchment paper. Using a rolling pin, roll dough into a rectangle.
Brush dough surface with 2 tablespoons melted butter. Sprinkle ½ cup brown sugar on top of the butter. Last sprinkle on cinnamon.

Roll dough into a log from the long side of the rectangle.
Cut dough in half from the middle and then continue to cut each section into approximately 1 inch thick slices.
Place cut side up in a 9 x 13 baking dish.
Cover with Saran wrap and let rise until about doubled, about 25 to 30 minutes.

Preheat oven to 375 degrees.
Bake 14 to 18 minutes or just until lightly golden brown. Do not over bake or bake overly brown.
Allow to cool slightly before applying frosting.

If Mixing by Hand
Place water, yeast and sugar in medium large mixing bowl and stir until dissolved.
Let sit for 3 to 4 minutes or until bubbly and foamy. If it does not bubble or get foamy, your yeast is bad.

Stir in salt and melted butter, mix well.
Add 2 ½ to 3 cups of flour, ½ cup at a time, mixing well between each.
Flour your hands and place dough on a lightly floured surface. Knead dough for approximately 5 to 6 minutes, adding a little of the remaining flour as you knead.
After kneading, form dough into a ball and place back into the mixing bowl.
Cover bowl with Saran wrap or a damp kitchen towel and allow to rest 5 to 10 minutes.
Follow main recipe from this step.

Maple Frosting

Ingredients
2 ½ cups powdered sugar
¼ cup milk
2 tablespoons melted butter
2 to 3 tablespoons real maple syrup
(Or use few drops of maple extract flavoring)

Directions
Mix all Icing ingredients together. Gently smooth over cinnamon rolls.
If you prefer a thinner frosting, decrease powdered sugar by ½ cup.
To serve place one cinnamon roll on a dessert plate and sprinkle top with a few pieces of chopped pecans.

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