



Sourdough Cinnamon Roll Recipe

The dough used for making cinnamon rolls is a simple sweet dough that can be used for many other sweet recipes as well. This recipe makes 8 cinnamon rolls:

Ingredients:

Dough:

- 130 grams Sourdough Starter
- 200 grams Milk
- 1 whole Egg
- 65 grams Sugar
- 35 grams Brown Sugar
- 425 grams All Purpose Flour

Mix Together

- 5 grams Sea Salt
- 56 grams (½ stick) melted butter

Filling

- 56g (½ stick) melted butter
- 250g cinnamon sugar (240g sugar, 10g ground cinnamon)

Icing

- 250g Powdered sugar
- 50g Whole milk
- 1 teaspoon vanilla extract or other extract (optional)
- Stir all ingredients together with a fork or whisk, adjust thickness to taste by adding more milk/extract to make smoother or powdered sugar to thicken.

Mixing Instructions:

- Add the starter, milk, and egg.
- Add the sugar and brown sugar.
- Add the flour and mix until all the dry ingredients are incorporated.
- Knead for a few minutes to ensure all the ingredients are uniformly mixed. We use the knead-in-bowl method, which is less messy and requires less flour. Here's a youtube video of someone demonstrating the method: https://youtu.be/rotDB_FXokU
- Add salt and melted butter to the dough dough. Knead for a few minutes until the butter is fully incorporated.
- Let sit for 20-40 minutes. This is called an autolyse, and allows the water to fully saturate the flour. This step can be omitted if there's a time crunch.
- Knead for 5 more minutes until the dough is well-formed (you'll get a feel for this over time).
- Cover with a towel or plastic wrap and let rise for 6-12 hours, or until the dough has doubled in volume.

Shaping Instructions:

- Remove the dough from its container and pat into a rough rectangle.
- On a well-floured surface, roll the dough into a 12x18 inch rectangle.
- Melt the butter and brush evenly onto the rectangle.
- Pour cinnamon sugar on top of the butter and spread so it evenly covers the dough rectangle.
- Roll up the dough on the long side of the rectangle to create a tight, 18 inch long roll.
- Using twine, divide the dough into 8 rolls.
- Bake at 375 for 15-20 minutes, or until golden brown.
- Optional: After the rolls are pulled from the oven, brush them with melted butter. This will increase their shelf life and ensure they are soft for at least a few days.
- After they have cooled to the touch, drizzle icing on top.