

# Cinnamon Rolls

These cinnamon rolls are quick and easy because we skip the first rise, which you can totally do!

## Ingredients

- 510 g wheat berries, hard

### DR. MEL'S QUICK NO WAIT YUDANE

- 50 g water, boiling
- 25 g flour, any (from milled)

### REMAINING DOUGH INGREDIENTS

- 320 g milk, whole
- 12 g yeast
- 7 g sea salt
- 25 g honey (2 tbsp)
- 25 g butter (softened)
- 50 g egg, whole (1 egg)

### FILLING:

- 200 g sugar, granulated (1 cup)
- 112 g butter (1 stick)
- 7 g cinnamon, ground (1 tbsp)

### CREAM CHEESE FROSTING

### PRE BAKE WASH

## Directions

1. Prepare the Yudane::
2. Combine yudane ingredients and stir together to form a thick paste.
3. Autolyse Step:
4. In mixing bowl, combine all dough ingredients EXCEPT salt and yeast. Knead or mix the dough for about five minutes.
5. Cover the bowl and let it rest for 15-30 minutes. This allows the flour to fully hydrate and helps improve the dough's elasticity and extensibility. This is an optional step.
6. Mixing the Dough:
7. Add the salt and yeast to the flour mixture.
8. Knead the dough until it becomes smooth and elastic (a sign it will pass the windowpane test). You can do this by hand or use a stand mixer with a dough hook attachment. It could take anywhere from 2 minutes to 15.
9. Prepare the Filling:
10. In a small bowl, mix together filling ingredients: butter, sugar, and ground cinnamon until well combined.
11. Shape the Cinnamon Rolls:
12. Once the dough has risen, punch it down to release the air. Turn it out onto a lightly floured surface and roll it into a large rectangle (about 1/4 inch thick).
13. Spread the cinnamon filling evenly over the rolled-out dough.
14. Starting from one edge, tightly roll the dough into a log.

15. Cut the log into 12 even slices and place them in a greased baking dish.
16. Proofing:
17. Cover the baking dish with a damp cloth or plastic wrap and let the rolls rise while the oven preheats to 375 F.
18. Bake::
19. Pour the milk wash over top of the cinnamon rolls. Bake them rolls for 20-25 minutes, or until they are golden brown and a thermometer inserted is over 190 F.
20. Prepare the Frosting:
21. While the rolls are baking, mix together 1 cup powdered sugar, 2 tbsp milk, and 1 tsp vanilla extract until smooth. For a no refined sugar option, mix the icing ingredients from the recipe together.
22. Finish and Serve:
23. Once the cinnamon rolls are out of the oven, let them cool slightly before drizzling the icing over the top.
24. Serve warm and enjoy the soft, fluffy, and flavorful cinnamon rolls!

#### **Notes**