

Sweet Dough for Cinnamon Rolls and Sticky Buns

Makes about 12 rolls

Ingredients	
All-Purpose Flour	1# 5 ¼ ounces
Brown Sugar	1 ¼ ounces
Baking Powder	¼ ounce
Baking Soda	¼ ounce
Salt	Pinch
Whole Milk or Butter Milk	1#
Unsalted Butter, melted	4 ounces, 3 ounces, 3 ounces

1. Preheat oven to 400-425 degrees F. Prepare desired pan: muffin/cupcake pan, pyrex glass casserole dish, or 9 inch cake round pan. Grease well with pan spray. *If making sticky buns use muffin pan, grease well and scoop about 1 ounce of pecan smear into each cup*
2. Combine flour, brown sugar, baking powder, baking soda, and salt. Sift to help break up any chunks of baking powder. Whisk ingredients together to blend them well.
3. In a separate bowl, whisk together the milk and 4 ounces melted butter.
4. Create a well in the flour and pour in the milk mixture. Stir with a wooden spoon until absorbed.
5. Knead the mixture with extra flour. You can do this on the table or in the bowl. Knead until smooth.
6. Press dough out into a 12" x 15" rectangle using your hands. Be sure to check to make sure it's not sticking to the table as you do this.
7. Brush the dough with 3 tablespoons of melted butter. Sprinkle the dough evenly with the filling, leave a ½ - 1 inch border. Press firmly into the dough. *If making sticky buns feel free to sprinkle in some pecan pieces*
8. Roll the dough up into a tight log, jelly roll style, ending with the seam on the bottom. Pinch the seam shut.
9. Stretch the log if necessary to get all 12 pieces and then cut the log into 12 pieces.
10. Place the pieces into the prepared pan and brush with 3 ounces of butter. Bake until the edges are golden brown, 20-25 minutes.
11. Remove from pan and place on plate for serving. Ice cinnamon rolls with cream cheese frosting while still hot to have it drip and ooze all over the rolls – then serve. Sticky buns are ready to serve right after removing from pan.

Cinnamon Filling

Ingredients	
Brown Sugar	4 ½ ounces
Granulated Sugar (White Sugar)	1 ½ ounces
Cinnamon	1/8 ounce
Salt	Pinch
Unsalted Butter	½ ounce (1 tablespoon)

1. Combine all ingredients together and mix with your hands until it resembles wet sand.

Cream Cheese Frosting for 12 Cinnamon Rolls		Sticky Bun Goop (Pecan smear) for 12 Sticky Buns	
Ingredients		Ingredients	
Cream Cheese (softened to room temperature) or Neufchatel (1/3 less fat cream cheese)	8 ounces	Brown Sugar	8 ounces
Unsalted Butter, Room Temperature	4 ounces	Unsalted Butter, Room Temperature	5 ounces
Powdered Sugar	14 ounces	Salt	Pinch
Bailey's Irish Cream*	2 ounces (2 tablespoons)	Granulated Sugar*	3 ounces
For an alcohol free recipe, use 1 teaspoon vanilla extract and 1 tablespoon of whole milk		Cream of Tartar	1/8 – ¼ ounce
1. Combine all ingredients together and blend with a paddle attachment until smooth.		Pecan Pieces	
		Dark Rum / Rum Extract	1/8 ounce (1 teaspoon)
		Vanilla Extract	1/8 ounce (1 teaspoon)
		*To avoid crystallization feel free to substitute these two ingredients for corn syrup	
		<ol style="list-style-type: none"> 1. Combine sugar and cream of tartar in a pot and use just enough water to get the sugar wet. Boil to 235 degrees F and allow to cool completely. *If using corn syrup skip this step. 2. Combine all ingredients and paddle until smooth. 3. Scoop into well greased cupcake/muffin pan, 1 ounce per cup, and place some pecan pieces on top. 4. After finishing the cinnamon roll dough, place a slice on top of the sticky bun goop and bake as usual. Be aware the goop can overflow and drip down. Line your oven and sheet pans with foil to help avoid lengthy clean up. 	

