



## Day 24

### Cinnamon Rolls

This recipe is adapted from a recipe printed in Better Homes and Gardens® magazine in October of 1991. It takes about 4 hours from start to finish. You can make these the night before right up to the point after you form them and put them in the fridge. In the morning, remove from the fridge, just wait an hour, preheat the oven to 350 and they are ready to be baked.

**4 ½ cups all purpose flour (I use Pillsbury® unbleached)**

**1 package active dry yeast**

**1 cup milk**

**1/3 cup butter**

**1/3 cup sugar**

**½ teaspoon salt**

**3 eggs**

In a large mixer bowl, combine 2 ¼ cups flour and the yeast.

In a small saucepan heat the milk, the 1/3 cup butter, the 1/3 cup sugar and salt just till warm (120 degrees to 130 degrees) and butter is almost melted, stirring constantly. Add to flour mixture. Add eggs. Beat with an electric mixer on low speed for 30 seconds, scraping sides of bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining 2 ¼ to 2 ¾ cups flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (5 minutes). Shape into a ball. Place in a greased bowl, turning once.

Cover; let rise in a warm place till double (about 1 hour).

Meanwhile, make the filling.

**Day 24**

**Cinnamon Rolls with Thick Vanilla Fondant Glaze**

Combine:

**1 ½ cups packed brown sugar**

**½ cup flour**

**3 Tablespoons ground cinnamon**

**1 cup very soft butter**

Mix in mixer on high until light in color. Set aside.

**To assemble:**

Punch down dough. Turn onto a lightly floured surface. Cover and let rest for 10 minutes. Roll the dough into a 12 inch square. Spread filling generously over the top. Add raisins and nuts now if desired. Roll up the dough being careful not to squish the filling out the sides. Slice the roll into 12 1" pieces. Arrange dough pieces, cut side up in a greased 9" x 13" x 2" pan. Cover loosely with greased foil, leaving room for the rolls to rise.

Refrigerate 2 – 24 hours. Uncover and let stand at room temperature for 30 minutes. (If baking immediately, don't chill dough. Just let rise until nearly double, about 45 minutes.)

Brush dough with half and half or melted butter.

Bake in a 350 degree oven for 25 to 30 minutes or until light brown. If necessary to prevent overbrowning, cover rolls loosely with foil the last 15 minutes or so. Remove rolls from oven. Brush again with cream or butter. Cool for 1 minute. Carefully invert cinnamon rolls onto a wire rack. Cool slightly. Invert again onto a serving platter. Drizzle with Fondant Glaze. Serve Warm. Makes 12 rolls.

**Thick Vanilla Fondant Glaze**

In a bowl stir together, **1 ¼ cups sifted powdered sugar, 1 teaspoon corn syrup, ½ teaspoon vanilla** and enough **half and half (1-2 tablespoons)** to make of drizzling consistency.

Each roll is about 650 calories (38% fat) and 24 grams of fat.

**In a microwaveable bowl:**

**2 ounces (1/4 cup) Heavy Cream/double cream**

**2 tsp (.34 ounces) Vanilla Extract**

**1 Tablespoon Butter**

**pinch sea salt**

**10-11 ounces sifted Powdered Sugar/10x/confectioner's sugar**

**Have your rolls/cake/cookies ready to be glazed. This goes quick.**

**Heat butter, cream, vanilla and salt for 15 second intervals in the microwave, stirring after each interval. Dump in sifted sugar. Heat and stir again making sure you stir out all lumps. If it becomes lumpy, you can always pour in a sieve and press through the sieve to remove the lumps. Just reheat afterwards. It will become smooth and runny while still warm.**

**Drizzle while fondant is still very warm.**

**This recipe works well as a glaze/frosting/icing thanks to the addition of butter and cream in the recipe. This fondant will remain soft but harden nicely when cool. It will never get as hard as Royal Icing (also a form of uncooked fondant!).**