

# Ten Minute Cinnamon Rolls

800 ml flour – 550 ml (put in a bowl) + 250 ml in dry measure  
1 envelope quick-rise yeast  
50 ml granulated sugar  
2 ml salt  
175 ml milk  
50 ml water  
50 ml butter  
1 egg  
50 ml softened butter  
250 ml firmly packed brown sugar  
15 ml cinnamon



- In a large mixing bowl combine 550 ml flour, yeast, sugar, and salt.
- In a small pot combine milk, water and margarine. Heat on 5 until mixture is hot to touch on the inside of your wrist.
- Stir hot liquid into flour and yeast mixture.
- Stir in egg.
- Mix in enough of the flour from the 250 ml container to make a soft dough that DOES NOT stick to the bowl.

\*\*\* Flour the counter, knead the dough until it is smooth and silky (not floury), approx. 5 minutes.

- Let dough rest for 10 minutes in the original mixing bowl – cover with a clean tea towel.
- Cream together butter, brown sugar and cinnamon.
- Roll dough into a rectangle.
- Spread with cinnamon and sugar mixture - leave a one inch rim free of sugar.
- Roll from the LONG SIDE tightly, the seam should disappear. Cut into 12 equal pieces.
- Place into a greased muffin tin. Place muffin tin on a jelly roll pan that is over a pan of boiling water.
- Let rise 20 minutes.
- Bake at 375 F for 15 – 20 minutes or until golden brown.
- Remove immediately from the muffin tins. Soak the muffin tin in hot water.

