

Cinnamon Buns



FILLING:

30 ml Butter (melted)
75 ml Brown sugar
15 ml cinnamon

DOUGH:

250 ml Flour
10 ml Sugar
7 ml Baking powder
2 ml Salt
30 ml Butter (cold)
125 ml Milk

METHOD:

Preheat oven to 400°F. Prepare cookie sheet with parchment paper

FILLING

- In a small glass measuring cup place butter, in the microwave for 15 seconds until almost melted.
- Add the brown sugar to the melted butter and mix together. Set aside.

DOUGH

- In a large bowl combine the flour, sugar, baking powder and salt. Stir with a fork.
- Cut in the cold butter using a pastry blender until small peas begin to form. *The dry ingredients will look crumbly and there should be no large chunks of butter.
- Make a well in the center of the dry ingredients and add the milk. Stir using a fork until a soft dough is formed.
- On a lightly floured surface, knead the dough 8-10 times. Using a rolling pin, roll out the dough into a square. Spread on the brown sugar filling using a rubber spatula.
- Roll up the dough into a log. Pinch the edges to seal the dough. Using thread, cut your roll into 10 pieces
- Place the cut side down on the parchment paper covered cookie sheet.
- Bake 15-20 minutes or until golden brown.

Equipment List

Dry, liquid, small measures
Baking sheet
Cooling rack
String
Ziploc baggie
Fork
Pastry blender
Dough scrapper
Rolling pin
Rubber spatula