

Foods II Cinnamon Rolls Lab

(Day 1)

#1 Thoroughly mix in a bowl:

1 Tbsp. dry yeast	1 c. flour
1 tsp. salt	1/4 c. sugar

Combine in measuring cup:

1 c. milk	1/4 c. butter pieces
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Heat until 110-115 degrees.

#2 Gradually add to flour mixture and beat with a mixer 2 minutes.

#3 Add: 1 egg

1 c. flour

#4 Beat again and add enough flour to make a soft dough—do not add too much flour!

(1 to 1 1/3 cup max!)

#5 Knead, place in greased bowl, grease top of dough, cover and refrigerate.

(Day 2)

Let rise; punch down; roll out to a 12 X 18 inch rectangle.

Cinnamon filling:

4T. melted butter—brushed on dough after rolling out

Mix together: 1/4 c. sugar and 1t. cinnamon. Sprinkle over the butter-covered dough.

Shape and put in greased baking pan; cover and refrigerate.

(Day 3)

Let rise. Bake 350 degrees 15-20 minutes until golden brown.

Make Powdered Sugar Icing:

1 c. powdered sugar

¼ t. vanilla

1 T. milk

1. In a mixing bowl, combine powdered sugar, vanilla, and milk. Stir in additional milk, 1 teaspoon at a time, till it reaches drizzling consistency.
2. Drizzle over cinnamon rolls

Tasks:

Items for supply table: