



JERNEJ KITCHEN

STICKY CINNAMON ROLLS

Sticky Cinnamon Rolls are a delicious dessert or a sweet breakfast. They're soft and fluffy and covered with caramelized pecans for an extra touch.

MAKES	12	ROLLS
PREPARATION:	20	MINUTES
PROOFING:	120	MINUTES
BAKE:	30	MINUTES
TOTAL TIME:	2	HOURS 50 MINUTES

DOUGH

500 g (4 cups) bread flour
(1 1/2 tsp or 7g) active dry yeast
2 tbsp sugar
1 egg
1 egg yolk
1 tsp salt

280 ml (1 1/6 cup) milk
80 g (1/3 cup) unsalted softened butter

CARAMEL

100 g (1/2 cup) unsalted butter
80 g (1/2 cup) light brown packed sugar
60 g (4 tbsp) maple syrup
140 g (1 cup) chopped pecans
pinch of salt

FILLING

150 g (2/3 cup) unsalted softened butter
100 g (1/2 cup) packed light brown sugar

DOUGH

Add flour, yeast and sugar to a bowl of a stand mixer fitted with a dough hook. Stir, then add an egg, egg yolk, salt and lukewarm milk. Knead into an elastic dough. Knead in a stand mixer for 5 minutes or 10 minutes by hand. Add the softened butter and knead until fully incorporated. Leave the dough in a bowl, cover with clingfilm and leave to proof for 1 to 1 1/2 hours or until doubled in size.

CARAMEL

Add butter, brown sugar, maple syrup, pecans (or walnuts), and a pinch of salt to a saucepan. Place over medium heat and wait for the butter and sugar to melt. Cook for 2 - 3 minutes, then remove from the heat. Prepare a 25 cm x 30 cm (10-inch x 12-inch) baking dish. Pour in the caramel and arrange evenly with a spatula to cover the whole bottom.

TOPPING

Prepare the topping. Using a spatula, combine softened butter, sugar, and cinnamon powder until you get a smooth paste. Store at room temperature until needed.

PROOFING

Lightly dust the working surface with flour and roll the dough into a 45 cm x 30 cm or 18-inch x 12-inch rectangle, about 0.5 cm or 1/8-inch thick. Spread the filling over the dough, leaving a 1-inch (3 cm) margin at one long side of the dough. Start rolling the dough up, starting from the longer side (where the edge is), and place the seam side down, making sure to seal the edges of the dough. Cut the dough into 12 smaller or nine larger cinnamon rolls. Place each cinnamon roll on the caramel

2 tbsp cinnamon powder

TOOLS AND EQUIPEMENT

Sponsored

stand mixer (optional)

bowl

cling film

saucepan

25 cm x 30 cm (10-inch x 12-inch) baking dish

small bowl

spatula

rolling pin

in the baking dish, ensuring enough space between them. Cover with cling film or kitchen towel and set aside to proof at room temperature for 1 to 1 1/2 hours or until doubled in size.

BAKE

Set a rack in the middle of the oven and preheat it to 180 °C / 350 °F. Add the cinnamon rolls to the preheated oven and bake for 30 - 35 minutes at 180 °C / 350 °F. If they get too brown too quickly, cover them with aluminum foil. When baked, remove them from the oven, set aside for 5 - 10 minutes, and invert them to a clean platter.