

CINNAMON ROLLS

White



Proofing Time: 5 1/2 hours • **Bake Time:** 35 minutes • **Makes:** 6 cinnamon rolls

It's the night BEFORE Bake Day (p. 58). As usual, you're going to pull 1/2 cup mother from your Refrigerator Mother, feed her 3/8 cup flour and 1/4 cup water, stir/cover, and put her back until next week.

To the 1/2 cup mother now in your *Glass/ock* bowl that's about to become "activated batter," you'll add 3/8 cup flour and 1/4 cup water; stir/cover.

It's Bake Day. Rise and shine! Feed your activated batter 3/8 cup flour and 1/4 cup water; stir/cover. Two to three hours later, it's ready to go to work for you.

Depending on the type of flour you're using, follow the amounts in the chart below.

	Activated Batter	Milk	Sugar	Butter	Salt	Eggs	Nutmeg	Flour (same type as mother)
White	1 1/2 cups	3/8 cup	1/4 cup	2 T	1/2 t	1	1 1/2 t	2 1/4 cups
Kamut	1 1/2 cups	3/8 cup	1/4 cup	2 T	1/2 t	1	1 1/2 t	2 cups
Sprouted	1 1/2 cups	*	*	*	*	*	*	*
Einkorn	1 1/2 cups	*	*	*	*	*	*	*
Einka	1 1/2 cups	*	*	*	*	*	*	*

*Check back in for recipe updates

Date Filling

Dates (pitted and sliced)	Water	Cinnamon	Nutmeg	Brown Sugar
16 (about 1 1/3 cups)	1/4 cup	1 1/2 t	1/4 t	1/3 cup

Pecan Caramel

Butter	Brown Sugar	Maple Syrup	Vanilla Extract	Pecans (chopped)
4 T	1/4 cup	1/4 cup	1/2 t	1/4 cup

- In a small saucepan over low heat, combine milk, sugar, butter, and salt. Cook until sugar dissolves and butter begins to melt. Using your digital thermometer, test to make sure the mixture isn't hotter than 100°F. Add milk mixture, egg, and nutmeg to bowl with batter; mix until smooth.
- In another large bowl or stand mixer fitted with a dough hook, add flour. Make a well in the center of the flour to receive the liquid and add wet ingredients. Mix until a smooth, sticky dough forms.
- Wash and dry *Glasslock* bowl and coat with butter. Scoop dough into buttered bowl, cover bowl with its lid, and let condition in a warm place (70–73°F) for 2 hours.
- Meanwhile, make date filling: In a food processor, combine dates, water, cinnamon, and nutmeg (reserve brown sugar for step 6). Pulse into a smooth paste. Scoop into a small bowl, cover, and set aside.
Alternate method: Add dates and water to a medium skillet. Cook over medium heat for 1 minute. Use a potato masher to turn dates into a paste. Mix in cinnamon and nutmeg (reserve brown sugar for step 6), scoop paste into a small bowl, and set aside. When this method is used, paste won't be as smooth as paste made in a food processor.
- Make Pecan Caramel: Butter an 8" x 8" glass-baking dish and set aside. In a small saucepan over medium heat, combine butter, brown sugar, and maple syrup. Stirring frequently, bring to a simmer. Once mixture begins to simmer, remove from heat and mix in vanilla. Pour caramel into prepared baking dish and sprinkle in pecans. Set aside.
- Generously dust a clean work surface with flour and scoop dough from bowl. Lightly dust top of dough with flour and press dough out to an 18" x 9" rectangle. Spread date paste over rectangle and sprinkle with brown sugar.
- Beginning from a 9" side, roll dough up jelly-roll style (dough will be very soft, so use a light hand). Once dough is rolled up, using a 12" strand of string or thread, cut off ends (these can be baked separately for a flavorful snack). Cut log into 6 rolls and place in 8" x 8" glass baking dish on top of caramel.
- Brush tops of cinnamon rolls with melted butter, cover baking dish with plastic wrap, and let rise in a warm place (70–73°F) for 3 1/2 hours.
Alternate method: Brush tops of cinnamon rolls with melted butter, cover baking dish with plastic wrap, and let rise in a warm place (70–73°F) for 2 hours, then place in refrigerator overnight. The next day, remove cinnamon rolls from refrigerator and let warm up on counter for 45 minutes, then proceed to step 9.
- Preheat oven to 350°F.
- Place baking dish on a large baking sheet to catch any drips. Bake cinnamon rolls for 25 minutes, cover with foil to prevent over-browning, and bake an additional 10 minutes.
- Cool rolls slightly, then place a heat-proof serving platter over baking dish, flip over, and lift baking dish away from cinnamon rolls. Cool until warm and enjoy.

