

Rory39s Guaranteed Rise Sourdough Cinnamon Rolls

Jacob · 28/09/2024



Prep Time

2 hrs 10 mins

Difficult

Medium

Servings

3 hrs 30 mins



Description

This is my goto recipe for cinnamon rolls sticky buns etc The sourdough starter we use has been passed down for generations in my husbands family It gives the rolls the characteristic sourdough punch that contrasts well with the sweet filling and frosting

Ingredients

- - 4 cups all-purpose flour - 1 cup fed sourdough starter - $\frac{3}{4}$ cup lukewarm milk - $\frac{3}{4}$ cup white sugar - 1 teaspoon instant yeast - $\frac{1}{2}$ cup butter
- melted and cooled - 1 egg
- at room temperature - $\frac{1}{2}$ teaspoon salt - $\frac{1}{2}$ cup butter
- melted and cooled - 1 cup brown sugar
- or more to taste - 3 tablespoons ground cinnamon - $\frac{1}{2}$ pound confectioners' sugar - 1 (4 ounce) package softened cream cheese - $\frac{1}{4}$ cup softened butter - 1 teaspoon vanilla extract

Instructions

1. Mix 1 cup flour
2. starter
3. milk
4. white sugar
5. and yeast together in the bowl of a stand mixer. Let stand until spongy and bubbling
6. about 5 minutes. Add 1/2 cup butter
7. egg
8. and salt; stir to combine. Add remaining flour 1 cup at a time until a soft
9. slightly sticky dough forms. Transfer dough to a floured work surface; knead until dough comes together
10. 3 to 5 minutes. Place in a greased bowl. Cover with plastic wrap; allow to rest until doubled in size
11. about 1 hour. Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking pan. Punch dough down; transfer back to the floured surface. Roll into a square 1/4-inch to 1/3-inch thick. Spread 1/2 cup butter on top; sprinkle brown sugar and cinnamon on top. Roll dough up tightly; pinch seam together. Trim the edges and cut the log into 8 equal pieces using a sharp knife. Place rolls in the prepared baking pan. Cover with plastic wrap; let rise until not quite doubled in size
12. about 45 minutes. Bake in the preheated oven until golden brown
13. about 35 minutes. Remove from oven; cool for 20 minutes. Mix confectioners' sugar
14. cream cheese
15. 1/4 cup butter
16. and vanilla extract together until frosting is smooth and fluffy. Top each cooled roll with an equal amount of frosting. Cook's Note: This recipe was developed at high altitude
17. (6
18. 000 ft) so adjustments to flour
19. cooking time
20. rise time
21. etc... may be necessary.