

Cinnamon Rolls

Dough

3 1/2 cups (470g) All-Purpose Flour
1/2 tablespoon salt
3/4 tablespoon dried yeast
1 cup (200g) milk
1/2 cup (100g) water
2 large eggs
1/4 cup (85g) honey
1/4 cup (60g) melted butter or vegetable oil

Filling

1/2 cup (120g) butter
1 1/4 cups (210g) packed light brown sugar
2 1/2 tablespoons ground cinnamon
1 cup (100g) toasted pecans (optional)

Cream Cheese Glaze

110g cream cheese, room temperature
1 cup (120g) icing sugar
1/4 cup butter, room temperature
1/2 Teaspoon vanilla extract

To make the dough, combine all of the dry ingredients in a very large bowl.

In a separate jug combine the milk, water, honey and butter. Heat in the microwave until it is warm and the butter has melted.

Whisk in the eggs quickly.

Stir the wet ingredients into the dry to make a sticky dough. Mix with a spoon until there are no flour lumps. Scrape down the dough from the sides of the bowl.

Cover the bowl and let the dough rise for 2 hours at cool room temperature. It will triple in size.

After this REFRIGERATE THE DOUGH FOR AT LEAST 8 HOURS, preferably overnight. It can be refrigerated for up to 3 days before using.

When you're ready to make your cinnamon rolls, prepare the filling. Combine the butter, brown sugar and cinnamon in a bowl. Stir until smooth. Set aside.

Transfer the dough to a floured work surface, and roll it into a rectangle approximately 1/4" thick.

Spread the filling over the dough, leaving a narrow margin around the edges uncovered.

Gently roll the dough into a log, lengthwise. Don't roll it too tightly or the centres of the buns will pop up as they bake.

Slice the rolls 2" thick and set them slightly apart, with their cinnamon side up, in a deep baking pan lined with parchment paper.

(AT THIS POINT YOU CAN REFRIGERATE TO BAKE OFF THE FOLLOWING DAY IF YOU WISH).

Cover the pan and allow the rolls to rise until they have grown into each other and are puffed up, about 30 mins -1 hour (depending on how hot your kitchen is).

Towards the end of the rising time, preheat the oven to 190 C/ 375 F/ Gas Mark 5.

Uncover the pan and bake the buns for 40 to 45 minutes, till they're a deep golden brown.

While they are baking make your glaze. In a large bowl beat the cream cheese, butter, sugar and vanilla together with a whisk until well combined.

Remove the pan from the oven and let it rest for 20 minutes. Once cooled remove buns from the pan and onto a cooling rack.

Spread your cream cheese glaze generously over the cinnamon rolls and devour immediately.