

THE KITCHEN NASHVILLE

THE WESTGATE CENTER | 6035 TN-100 | NASHVILLE TN 37205 | 615.928.8373

Cinnamon Rolls with Cream Cheese Icing

Makes 12 rolls

Fill your home with the fragrance of freshly baked cinnamon rolls this weekend! Sweet cinnamon and sugar are nestled throughout a swirling, buttermilk dough. When topped with a decadent, maple cream cheese frosting, this recipe is irresistible! Serve while warm, and be prepared to swoon.

Dough Ingredients:

1/4 cup warm water (110-115°F)
1 packet (2-1/4 teaspoons) active dry yeast
1/2 cup white sugar
2 eggs, room temperature
1 teaspoon vanilla
8 tablespoons unsalted butter,
melted and slightly cooled
2 cups buttermilk
1-1/2 teaspoons baking soda
6-1/2 cups all-purpose flour
1-1/2 teaspoons Kosher salt
Vegetable oil for greasing bowl
1/2 cup heavy cream (for the milk bath)

Filling Ingredients:

1/2 cup unsalted butter, melted
1-1/2 tablespoons cinnamon
1/2 teaspoon salt
1/2 cup granulated sugar
3/4 cup light brown sugar

Cream Cheese Frosting Ingredients:

6 oz cream cheese, room temperature
2 tablespoons butter, room temperature
1 tablespoon maple syrup
1/2 teaspoon vanilla extract
1/4 teaspoon Kosher salt
1-1/4 cups powdered sugar

Directions:

1. In the bowl of a stand mixer outfitted with the paddle attachment, pour in the warm water and sprinkle the top with the yeast granules. Allow the yeast to dissolve and bloom without stirring or disturbing the bowl.
2. In a separate bowl, stir together the sugar, eggs, vanilla, and melted butter. Slowly add this mix to the stand mixer.
3. In a microwave safe bowl, heat the buttermilk in 15 second intervals until just warm (do not scorch the buttermilk). Stir in the baking soda. Add the buttermilk and baking soda mixture to in the stand mixer bowl.
4. In a large bowl, combine the flour and Kosher salt. Using a low speed, gradually add the dry ingredients to the wet ingredients until a shaggy dough forms. Scrape down the sides of the bowl as needed. Switch to the dough hook attachment and knead on the mixer's low setting for 5 minutes. It should be soft and sticky.
5. Remove the dough from the mixing bowl. With a light kneading motion, form the dough into a ball using your hands. Place the dough ball into a well-oiled large bowl, and cover with plastic wrap. Allow the dough to rise until doubled in size, about 1 to 1.5 hours depending on the ambient temperature.
6. After the dough's first, full rise, punch down the dough in the bowl. Gather the dough together and with a couple quick kneading motions, reform a compact dough ball. Cover the bowl with plastic wrap and place in the refrigerator for 8 hours, overnight, or up to 48 hours. This refrigeration step allows the yeast fermentation to continue and flavors to deepen. Chilled dough will be much easier to handle when it's time to form the rolls. (BONUS: The flexible chilling step allows for a quick, do-ahead preparation of dough for baking at a later time).
7. Remove the dough from the refrigerator and knead a few times to eliminate any air bubbles. Dust the working surface with a small amount of flour to keep the dough from sticking. Press, stretch, and roll the dough into a large rectangle, approximately 16" x 20".
8. Add the filling by brushing the melted butter over the top of the dough. Mix the cinnamon, sugars and salt in a small bowl. Sprinkle the buttered dough with the cinnamon sugar mix, leaving a 1" margin free of filling. Gently rub and press the mixture into the dough to make sure it is evenly distributed.
9. Tightly roll the dough to make a 20" long log. Place the rolled dough seam-side down on the working surface.
10. Cut 12 even pieces from the rolled dough log. Arrange in a lightly greased 9"x13" baking dish. Cover with plastic wrap.
11. Allow the rolls to rise for about 40 minutes. Meanwhile, preheat the oven to 350°F. Once dough has risen, remove the plastic wrap and evenly drizzle the 1/2 cup heavy cream over the rolls. Bake the rolls for 35-40 minutes or until nicely golden brown and the internal temperature of the bread reaches 180°F. Cool on a wire rack.
12. While the cinnamon rolls bake, prepare the frosting. In the stand mixer with the paddle attachment, combine the cream cheese and butter and mix until smooth. Add the maple syrup, vanilla, and salt; mix until incorporated. Slowly add the powdered sugar until completely combined and smooth.
13. Remove the cinnamon rolls from the oven, let cool slightly, then spread the cream cheese frosting over the rolls. Ideally, enjoy the cinnamon rolls while they are still slightly warm.