

Cinnamon Buns

Makes 12

Hands-on Time 1 hour

Proving Time +2 hours

Baking Time 20 minutes

Ingredients

- 500g strong white bread flour (plus extra for dusting)
- 1 sachet or 2 1/2 tsp fast-action yeast
- 195g caster sugar
- 1/2 tsp plus a pinch fine sea salt
- 1/2 tbsp plus 3 1/2 tsp ground cinnamon
- 340g unsalted butter (softened)
- 2 medium eggs
- 275ml plus 2 1/2 tbsp full-fat milk
- Oil for greasing (e.g., sunflower or vegetable)
- 300g icing sugar
- 2 tsp vanilla extract

Equipment

- Large bowl
- Dough scraper
- Tea towel
- 2 mixing bowls
- Spatula
- Roasting tray (approx. 24cm x 34cm)
- Baking parchment
- Rolling pin
- Palette knife
- Sharp knife
- Pastry brush
- Spoon

Method

1. Make the Dough

- In a large bowl, combine flour, yeast, 75g sugar, salt, and 1/2 tbsp cinnamon. Add 100g butter and 1 egg.
- Gradually add 275ml milk, mixing until a dough forms. Knead on a floured surface for 10 minutes until smooth.
- Place the dough in a lightly oiled bowl, cover with a tea towel, and let rise for 1 hour until doubled in size.

2. Make the Filling

- In a mixing bowl, combine 140g butter, 120g sugar, and 3 1/2 tsp cinnamon into a paste.

3. Shape and Prove the Buns

- Roll the dough into a 48cm x 40cm rectangle. Spread the filling evenly over the dough.
- Roll the dough lengthwise into a log. Cut into 4cm-wide slices and place swirl-side down in a parchment-lined roasting tray.
- Brush with beaten egg, cover, and let prove for 1 hour until doubled in size.

4. Bake the Buns

- Preheat the oven to 190°C/170°C (fan)/375°F/Gas Mark 5.
- Bake on the middle shelf for 20 minutes until golden. Let cool in the tray.

5. Make the Icing

- In a clean bowl, mix 100g butter, icing sugar, 2 1/2 tbsp milk, vanilla, and a pinch of salt until smooth.
- Spread the icing over the cooled buns and let set.

Enjoy!