

Cinnamon rolls

Ingrédients

- 250g flour
- 12g fresh yeast
- 90g butter
- 30g sugar
- 1 egg
- 100g milk
- 5g salt
- 80g butter
- 50g brown sugar
- 5g cinnamon powder
- 1 egg

Préparation

1. For me, October = return of cinnamon in all its forms!
2. In cakes, buns, hot drinks.
3. And if cinnamon goes well with many flavors (chocolate, coffee, hazelnut, vanilla, almond.
4.), I think I appreciate it even more on its own, like in these cinnamon rolls.
5. These buns filled with a mixture of sugar, butter and cinnamon are very popular in the USA and will make a perfect breakfast if you like cinnamon (I guess you do if you landed here)!
6. Prep time : 30 minutes + rest + 15 minutes cooking For a dozen rolls : Brioche dough : flour fresh yeast butter sugar 1 egg milk salt Place the yeast and milk in the bowl of a food processor fitted with the kneading tool.
7. Cover with the flour, then add the egg, salt and sugar.
8. Knead for about 10 minutes until the dough is smooth and pulls away from the sides of the bowl.
9. Then add the butter, cut into small pieces, and knead again until the dough is elastic and forms a veil when stretched.
10. Then form a ball, leave it at room temperature for 30 minutes (covered with a cloth), then wrap it and place it in the refrigerator overnight (if you are in a hurry, for at least 2 hours).
11. Filling : butter brown sugar cinnamon powder Mix the three ingredients.
12. Roll out the brioche dough to a thickness of about 3-4 mm, then spread the filling on top.
13. Fold the dough in half.
14. Cut out strips of dough.
15. Stretch each strip a little, then form the buns.
16. Let it grow for about 1h30 at room temperature.
17. Cooking : 1 egg Spread some egg wash on the brioche with the beaten egg, then bake for 12 to 15 minutes at 190°C.
18. Let it cool down and enjoy!