

# Easy Cinnamon Rolls

One day, my wife surprised me with some delectable cinnamon rolls and from that moment on, I developed a deep affection for them. Once, I found a recipe for cinnamon rolls online that initially daunted me. However, I pushed through and gave it a try. To my delight, the results were perfect and I quickly learned that making cinnamon rolls is not as challenging as it appears. While the recipe may seem intimidating due to the number of steps, it is, in fact, quite manageable. Additionally, I have included pictures to facilitate the process and make it easier to follow.

**MAKES 12   COOKING TIME 2 hrs 10min**

## FOR THE ROLLS

1 cup lukewarm milk (see Notes and Tips)  
10g instant dry yeast  
4 cups cake wheat flour  
½ cup white sugar  
½ tsp salt  
¼ cup melted unsalted butter  
2 large eggs, room temperature  
2 Tbsp canola oil, for greasing

## FOR THE FILLING

150g unsalted butter, softened  
1½ cups brown sugar  
2 Tbsp cinnamon

## FOR THE ICING

1 cup icing sugar  
50g unsalted butter  
100g cream cheese, softened  
1 Tbsp milk  
½ tsp vanilla extract or essence

1. To make the rolls, in a large bowl, combine the lukewarm milk and yeast. Set aside for about 5 minutes until frothy. If the yeast doesn't froth, it is likely that it is inactive, so the dough won't be able to rise. If this happens, it is best to start again.
2. In another large bowl, combine the flour, sugar and salt. Add the melted butter, eggs and the yeast mixture. Mix until a dough forms.
3. Place the dough on a lightly floured surface and knead for 8–10 minutes, until smooth and elastic. Place the dough in a bowl greased with the oil, cover with a kitchen cloth or cling wrap, and leave to rise in a warm place for about 1 hour, or until doubled in size.
4. To make the filling, in a medium bowl, mix the softened butter, brown sugar and cinnamon until well combined. Set aside.
5. Once the dough has risen, knock it down by kneading gently, then place it on a lightly floured surface and roll it out into a rectangle about 25 x 35cm.
6. Spread the filling evenly over the dough.
7. Starting from one of the longer edges, roll the dough tightly into a log about 35–40cm long. Cut the log into 12 equal pieces.
8. Place the pieces in a lightly greased oven dish. Cover with a cloth and leave to rise for another 30 minutes.
9. In the meantime, preheat the oven to 175°C.
10. Once risen, bake the rolls for 25–30 minutes, or until golden-brown. Remove from the oven.
11. While the cinnamon rolls are baking, make the icing. In a bowl, whisk together all the ingredients until smooth.
12. Spread the icing over the warm cinnamon rolls. Serve warm or at room temperature. Store in an airtight container for up to two days.



## Notes and Tips

- The milk needs to be lukewarm to help activate the yeast, which will help the rolls to rise faster. If it is too hot or too cold, the yeast will not activate.
- Baked rolls can be frozen for up to 1 month. Simply thaw overnight in the fridge and warm up in the microwave before enjoying.
- Feel free to top the rolls with your favourite chopped nuts (about ½ cup should do).

