

Sourdough Cinnamon Rolls

A DELICIOUS SPECIAL TREAT!

DIRECTIONS

1. Measure out the flour and using a knife cut the butter into pieces and using a dough cutter and the butter to the flour. If you do not have a dough cutter, cut the butter pieces smaller and use a large fork to help incorporate the butter into the flour.

2. Next add in the sourdough starter, buttermilk, honey (or sugar) and salt. Mix together with a spatula, large spoon or your hands. Cover and let sit overnight.

3. The next morning mix together the baking soda & baking powder and sprinkle over the top of the dough and using your hands or large spoon mix.

4. Mix together the brown sugar and cinnamon to be used as the filling

5. Melt the 4 tablespoons of the butter directly in your cast iron pan

6. Roll out the dough by generously flouring your work surface and turn out the dough onto it. You may need more flour for the top in order to spread it out by using your hands or rolling pin to a 12x22 rectangle.

7. Using a pastry brush use the melted butter to spread out on the dough leaving a half inch of bare space along every edge. Sprinkle the sugar and cinnamon mix and tightly roll up the dough into a log shape.

8. Using a 2 foot section of floss you can slide under the log the floss and bring up each side, criss cross the floss and pull- this trick will create a great "cut" into the log to create each of our rolls. Repeat this to create 12 rolls. Arrange each roll into your buttered cast iron skillet, leaving equal space to rise. Allow to rise 30-60 minutes.

9. Preheat oven to 375 Degrees F and place the cast iron pan that's filled with the cinnamon rolls into the oven. Bake 30-40 minutes until tops are golden brown. Remove from oven and place the frosting glaze on top.

10. While baking you can make the Frosting Glaze. Combine all ingredients in a stand mixer except the heavy whipping cream. Stir lightly, then start adding slowly the heavy whipping cream whipping until you reach a desired consistency.



INGREDIENTS

The night before:

- 8 Tablespoons (1 stick) of cold butter
- 2 ½ cups Flour
- 1/3 Cup sourdough discard
- 1 Cup buttermilk
- 2 Tablespoons Honey or Sugar
- 1 Teaspoon Salt

The next morning:

- 1 Teaspoon baking powder
- ½ Teaspoon baking soda
- 3/4 cup light brown sugar
- 2 teaspoons ground cinnamon
- 4 Tablespoons butter

Frosting Glaze:

- 1 Cup Soft Butter
- ¼ Tsp Salt
- 3 Cups powdered Sugar
- 3 Tablespoons heavy cream
- 1 Teaspoon Vanilla Extract



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recipe adapted from Melissa K Norris <https://www.melissaknorris.com>