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12th Grade – 2020

Mills County – Balfour Barnstormers

Cinnamon Rolls



Goals

For this year I was really thinking of something exciting to make and practical that I could make while in college. With how this year has gone, I really just wanted to have fun with all of my projects.

Procedure

When brainstorming ideas of what to bake for fair I took into fact that I probably will not be able to make a 3-layer cake, or bundt cakes, or something extravagant in college. I wanted to think of something that if I ran to the store and got the needed ingredients fast, I could make for friends in college. I flipped through the baking section of my mom's recipe box and found that she had some recipes for cinnamon rolls. At that moment I knew that I would love homemade cinnamon rolls for early mornings in college, and also it would teach me something new about how to roll dough. The only other time I have rolled dough was for sugar cookies at Christmas time, and that is still so much different. So, I made my decision that I was going to attempt to make cinnamon rolls.

The first time I made the cinnamon rolls from the recipe I went in head first with nothing planned, I halved the recipe because I did not want to make 24 cinnamon rolls just practicing. With no prior research on how to roll cinnamon rolls, or what type of mixer head I should use, or even how to space cinnamon rolls properly. With nothing in my arsenal, I failed miserably, which I guess isn't bad because I started at the bottom and I needed somewhere to build to. My mistakes ranked pretty highly, but when my mom tasted my deformed looking cinnamon rolls, she said that they were actually very good. That gave me a little boost of confidence, because I at least got the flavor correct, just not the look. That afternoon I made the cinnamon rolls again after getting some advice from my mom and looking up a few details I was questionable about online.

The second time I made my cinnamon rolls they turned out amazing. I used the dough hook that my mom had stored away in the cabinet above the mixer to ensure the dough folded many times. The previous time I used the paddle attachment so the dough never folded in the mixer. After the dough settled for 10 min, I took it over the countertop where I pressed it out and added the cinnamon/sugar and melted butter to create the swirl. This time my mom gave me a few tips on how to roll the dough and seal it,

last time I did not seal the dough so I ended up having big tails off of my cinnamon rolls. I finished up cutting the rolls and placed them into the oven, and wow did they look a whole lot better. The rolls looked tall and pretty much filled every air pocket of the tray, so I let them cool down and added the icing an hour later. There was such a difference in texture comparing the first and second time, the second time had more air pockets and was larger, but felt lighter. The only thing now was to replicate it the day of judging so I can have as fresh of rolls as possible.

On the day of judging, I walked through my halved recipe and hoped for perfection. I began setting out all of my ingredients and cleared space on the counter top to roll out the dough on. So, I mixed together 1 $\frac{3}{4}$ cups of warm water, $\frac{3}{8}$ cups of sugar, $\frac{1}{4}$ cup oil, and 3 Tablespoons of yeast. I let that set for 15 minutes in the mixer and got together my next items. After the 15-minute timer went off I added $\frac{1}{2}$ Tablespoon of salt, 2 eggs, and 5 $\frac{1}{4}$ cups of flour.



I mixed it together with the dough hook for 10 minutes and then let it set for 10 more. This next step of pressing out the dough and folding was the most difficult part for me. I was able to get the dough pressed on the floured countertop using my hands for the corners and a well-floured

rolling pin to adjust the thickness. I then took my 1/4 cup of melted butter and the cinnamon sugar mix I had prepared before over to the pressed dough. I tried as much as I could to get the cinnamon sugar spread evenly on the dough for an all around even taste. Next, I started rolling the dough, I had to make sure my hands were well floured again because today this dough was super sticky. I had a few fumbles, but I did get the dough rolled and sealed well. I cut out 12 rolls around 2-2 1/2 inches thick and placed them onto my greased pan. My mom preheated the oven while I was rolling out the dough so it was all ready to go into the oven for 12-15 min on 400F. It took right around 13 min for these rolls to be done so I pulled the pan out and let them sit on the stovetop. I gave the rolls about a 15-minute head start and then I got started on my icing. The icing consisted of 1/2 stick of butter, a dash of salt, 1 teaspoon of vanilla, 3 cups of powdered sugar, and milk. The milk was supposed to be used depending if I wanted a thicker or thinner icing, I could add more but once I did there was no going back. About 50 minutes passed since I had taken the rolls out of the oven, so it was time to layer the icing. I used a large spoon to control how accurate I was with the icing, which was a good idea because I didn't feel like I was putting too much on some and not enough on others. Finally, yes finally I let the icing dry and loaded up my best-looking cinnamon rolls, let's hope they taste the best too!!



Conclusion

During this project I learned that I could 100% make this cinnamon roll recipe at college. I will probably save my recipe card in case I feel the need to ever want some homemade sweets. Most importantly though I had fun doing this and I learned something new with dough.

Cinnamon Roll Recipe

Makes 12 Rolls

- **Mix and let sit for 15 minutes**
 - 1 $\frac{3}{4}$ cups warm water
 - $\frac{3}{8}$ cup sugar
 - $\frac{1}{4}$ cup oil
 - 3 Tablespoons yeast (2 $\frac{1}{4}$ Saf-Instant)
- **Then Add**
 - $\frac{1}{2}$ Tablespoon salt
 - 2 eggs
 - 5 $\frac{1}{4}$ cups flour
- **Mix together for 10 minutes, then sit for 10 minutes**
- **Flour countertop, dump dough out**
- **Press into a rectangle**
- **Cinnamon Sugar Mixture**
 - 1 cup sugar
 - 1 Tablespoon cinnamon
- **Spread with $\frac{1}{4}$ cup melted butter and then with cinnamon sugar mixture**
- **Roll up tight, but not too tight**
- **Divide into 12 rolls and place on greased cookie sheet**
- **Let rise**
- **Bake for 12-15 minutes at 400F**
- **Take out of oven and let set until cool**
- **Icing**
 - $\frac{1}{2}$ stick of butter
 - 1 dash of salt
 - 1 teaspoon vanilla
 - 3 cups powdered sugar
 - Milk >> until correct consistency

Nutrition Facts

12 servings per container

Serving size 1 roll (167g)

Amount per serving

Calories **510**

% Daily Value*

Total Fat 13g 17%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 310mg 13%

Total Carbohydrate 93g 34%

Dietary Fiber 2g 7%

Total Sugars 54g

Includes 52g Added Sugars 104%

Protein 8g

Vitamin D 0.2mcg 2%

Calcium 20mg 2%

Iron 2.3mg 15%

Potassium 130mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.