RECIPE

Cinnamon Rolls

Soft whole-wheat and white dough rolls with a brown-sugar cinnamon swirl and a thin glaze, made with olive oil in place of butter, a slow weekend breakfast that freezes well.

MAKES

12 rolls US Metric

TOTAL

3 h

Ingredients

- [ ] 3 cups all-purpose flour
- [ ] 1 cup whole-wheat flour
- [ ] 2 tbsp granulated sugar
- [ ] 1 tsp salt
- [ ] 1 ½ tsp instant yeast
- [ ] 1 cup plus 1 tbsp 1% milk, warm (105 to 115 °F)
- [ ] 1 large egg
- [ ] 3 tbsp olive oil
- [ ] 2 tbsp olive oil, for the filling
- [ ] ⅓ cup packed light brown sugar
- [ ] 2 tsp ground cinnamon
- [ ] ⅔ cup powdered sugar
- [ ] 2 tbsp 1% milk, for the glaze
- [ ] ½ tsp vanilla extract
- [ ] A little olive oil for the pan

Method

1. Warm the milk to 105 to 115 °F. It should feel like a warm bath, not hot. Hot milk kills the yeast.

2. In a large bowl, stir both flours, the sugar, salt and yeast. Add the warm milk, egg and olive oil and stir to a shaggy dough.

3. Knead on a floured counter for 8 minutes, or 6 minutes in a stand mixer with the dough hook, until smooth and springy. Whole-wheat flour drinks more, so if it is too stiff to knead, work in 1 to 2 tbsp more 1% milk. Flour here is drier than at sea level.

4. Put the dough in a greased bowl, cover, and let it rise in a warm spot 45 to 60 minutes. Stop when it has just doubled. A mile up it rises faster and falls if left too long.

- [ ] A little flour for the counter

5. Rub a 9 × 13 in pan with a little olive oil. Roll the dough on a floured counter into a 16 × 12 in rectangle, with a long side facing you.

6. Brush the 2 tbsp olive oil over the dough. Mix the brown sugar and cinnamon and sprinkle it evenly, leaving a thumb's width bare along the far edge.

7. Roll up from the long side, tight, and pinch the seam shut. Cut 12 equal slices with a piece of unflavored dental floss or a sharp knife. Set them cut side up in the pan.

8. Cover and let the rolls rise 30 to 45 minutes, until puffy and touching. Heat the oven to 375 °F while they rise.

9. Bake 22 to 25 minutes, until deep golden and a thermometer in the center of a middle roll reads 190 °F.

10. Whisk the powdered sugar, 1% milk and vanilla into a thin glaze. Let the rolls cool 5 minutes, then drizzle it on while they are warm.