🌀 Cinnamon Roll Lab

Culinary 1 · Unit 4 · Level 2 · Tue 11/3 (Blue) · Wed 11/4 (Gold)

Name: _____ Date: _____ Period: _____

Makes 6 rolls. Mrs. Dyches' recipe: Cinnamon Rolls for Two or Three + Cream Cheese Frosting.

🧺 Dough

- ☐ 💧 **⅔ cup** warm water
- ☐ 🟤 **1 Tbsp** yeast
- ☐ 🧂 **½ tsp** salt
- ☐ 🌾 **1¾ cups** flour (+1 Tbsp at a time if sticky)
- ☐ 🍚 **2 Tbsp** sugar
- ☐ 🫗 **2 Tbsp + 2 tsp** vegetable oil
- ☐ 🥚 **½** egg (beat 1 egg, use half)

🧺 Filling

- ☐ 🧈 **2 Tbsp** butter, softened
- ☐ 🍯 **2 Tbsp** brown sugar
- ☐ 🟫 **1 Tbsp** cinnamon

🧺 Cream cheese frosting

- ☐ 🧀 **1 oz** cream cheese, softened
- ☐ 🍦 **¼ tsp** vanilla
- ☐ ❄️ **¾ cup** powdered sugar
- ☐ 🧈 **3 Tbsp** butter, softened
- ☐ 🥛 **1 Tbsp** milk
- ☐ 🧂 **⅛ tsp** salt

👩‍🍳 Steps: check each box when you finish

- [ ] **1** 🔥 Turn the oven to **375°F**.
- [ ] **2** 🥣 Mix the **yeast, sugar, and warm water** in the mixer bowl.
- [ ] **3** ⏲️ Wait **5 minutes**. The yeast gets foamy.
- [ ] **4** 🌾 Add the oil, salt, ½ egg, and flour **in order**.
- [ ] **5** 🔄 Mix with the **dough hook** for 3 to 5 minutes.
- [ ] **6** 🪵 Flour the counter. Roll the dough into a **7½ × 4½ inch** rectangle.
- [ ] **7** 🧈 Spread the **soft butter** all over the dough.
- [ ] **8** 🟫 Mix the cinnamon and brown sugar. **Sprinkle** it on the butter.
- [ ] **9** 🌀 Roll up the dough **tight**. Cut it into **6** pieces.
- [ ] **10** 🍳 Put them in the greased dish, **swirl side up**.
- [ ] **11** ⏲️ Bake **15 to 20 minutes**, until the tops are brown.
- [ ] **12** 🧀 Frosting: beat cream cheese + butter. Add vanilla + milk, then powdered sugar + salt.
- [ ] **13** 🍽️ Frost the warm rolls. Take your final photo!

💡 *Dough sticky? Add 1 Tbsp flour at a time. Her group recipe (12 rolls) and for-one recipe (3 rolls) are on her recipe sheet.*