

Quick Cinnamon Buns

Originally from cooksillustrated.com

MAKES 8 BUNS



Melt one stick of butter and then just measure out what you need for each step.

CINNAMON-SUGAR FILLING

¾ cup dark brown sugar (packed, 5 ¼ ounces)
¼ cup granulated sugar (1 ¾ ounces)
2 teaspoons ground cinnamon
⅛ teaspoon ground cloves
⅛ teaspoon table salt
1 tablespoon unsalted butter, melted

BISCUIT DOUGH

2 ½ cups unbleached all-purpose flour (12 ½ ounces), plus additional flour for work surface
2 tablespoons granulated sugar
1 ¼ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon table salt
1 ¼ cups buttermilk
6 tablespoons unsalted butter, melted

ICING

2 T. cream cheese, softened OR 2 T. sour cream can be substituted
2 T. buttermilk
1 cup powdered sugar

INSTRUCTIONS

1. Adjust oven rack to upper-middle position and heat oven to 425 degrees. Pour 1 tablespoon melted butter in 9-inch nonstick cake pan or comparable oval pan; brush to coat pan.

2. To make cinnamon-sugar filling: Combine sugars, spices, and salt in small bowl. Add 1 tablespoon melted butter and stir with fork or fingers.

3. To make biscuit dough: Whisk flour, sugar, baking powder, baking soda, and salt in large bowl. Whisk buttermilk and 2 tablespoons melted butter in measuring cup or small bowl. Add liquid to dry ingredients and stir with wooden spoon until liquid is absorbed (dough will look very shaggy), about 30 seconds. Transfer dough to lightly floured work surface and knead until just smooth and no longer shaggy.

4. Pat dough with hands into 12 by 9-inch rectangle. Brush dough with 2 Tablespoons melted butter. Dump sugar mixture onto dough and press into dough. Cut with dental floss into 8 rolls, and arrange buns in buttered cake pan. Brush with 2 tablespoons remaining melted butter. Bake until edges are golden brown, 23 to 25 minutes. Use offset metal spatula to loosen buns from pan; without separating, slide buns out of pan onto greased cooling rack. Cool about 5 minutes before icing.

5. To make icing and finish buns: While buns are cooling, line rimmed baking sheet with parchment paper (for easy cleanup); set rack with buns over baking sheet. Whisk cream cheese and buttermilk bowl until thick and smooth (mixture will look like cottage cheese at first). Sift powdered sugar over; whisk until smooth glaze forms, about 30 seconds. Spoon glaze evenly over buns; serve immediately.

Printed from

DeepThoughtsByCynthia.Blogspot.com