

Cinnamon Rolls with vanilla bean frosting

Proof the yeast in the warm milk mixture — it should be foamy and bubbly after 5 minutes. If it's not, check the expiration date on the yeast.

Makes 12 servings
Total time: 1 hour + rising and baking

FOR THE DOUGH, HEAT:

- 1 1/4 cups whole milk
- 1/2 cup vegetable shortening
- 1/4 cup packed brown sugar
- 1 pkg. active dry yeast (2 1/4 tsp.)

SOAK:

- 1 cup old-fashioned rolled oats
- 1/2 cup hot water

ADD:

- 4 cups all-purpose flour
- 2 eggs
- 1 1/2 tsp. table salt

FOR THE FILLING, COMBINE:

- 1 1/2 sticks unsalted butter, softened (12 Tbsp.)
- 1 cup packed brown sugar
- 2 Tbsp. ground cinnamon
- 1 tsp. table salt

FOR THE FROSTING, BEAT:

- 4 Tbsp. unsalted butter, softened
- 8 oz. powdered sugar (2 cups)
- 2 Tbsp. whole milk
- 1 1/2 tsp. vanilla bean paste
- 1/4 tsp. table salt

For the dough, heat 1 1/4 cups milk, shortening, and 1/4 cup brown sugar in a small saucepan over medium-low until shortening is melted; transfer to the bowl of a stand mixer. Let mixture cool to 100–110°, then whisk in yeast and proof until foamy, about 5 minutes.

Soak oats in hot water until all water is absorbed.

Add 2 cups flour and eggs to the yeast mixture and mix on low with the paddle attachment until combined. Switch to the dough hook and add remaining 2 cups flour, oats, and 1 1/2 tsp. salt. Mix on low speed until incorporated, then increase speed to medium and mix until dough pulls away from the side of the bowl, about 7 minutes.

Transfer dough to a bowl coated with nonstick spray, cover with plastic wrap, and let rise in a warm place until dough doubles in size, about 2 hours. Lift edges of dough away from bowl and press air bubbles out with your hands.

For the filling, combine

1 1/2 sticks butter, 1 cup brown sugar, cinnamon, and 1 tsp. salt.

Coat a 9×13-inch baking pan with butter. Transfer dough to a floured surface and gently press to remove air bubbles. Divide dough into two pieces and roll one piece into a 10×16-inch rectangle.

Spread half the filling over dough, leaving a 1/2-inch border. Starting at the short end, roll dough, jelly roll-style, into a log. Repeat filling and rolling with second dough half. Freeze logs 10 minutes to firm.

Slice each log into six rolls and arrange in prepared pan. Cover rolls with a towel and let rise until puffy, about 1 hour; remove towel.

Preheat oven to 375°.

For the frosting, beat 4 Tbsp. butter, powdered sugar, 2 Tbsp. milk, vanilla bean paste, and 1/4 tsp. salt with a mixer until combined.

Bake rolls until brown, 30–35 minutes. Cool rolls in the pan for 10 minutes, then top with frosting.

Per serving: 548 cal; 25g total fat (12g sat); 74mg chol; 559mg sodium; 76g carb; 2g fiber; 7g protein



1. Mix the dough with the paddle attachment to be sure the eggs get thoroughly incorporated.



2. Dough should spring back when pressed with a fingertip after kneading with the dough hook.



3. Lift the edge of the doubled dough and press out the air bubbles to redistribute the yeast cells.



Roll it up

Once the dough has doubled, it's ready to roll out. You'll need to choose which roll you want to make: Cinnamon Rolls, Sticky Buns, or one of the variations — Blueberry-Maple Cinnamon Rolls, *below*, or the Bacon-Tart Cherry Sticky Buns, *online*.

Assembling the rolls is simple. Halve the dough, roll out each half, and spread on the filling. When

rolling the dough, pull back on it slightly so you get the tightest log — it'll make them easier to cut and handle. Next is placing the rolls in the pan. For the best presentation when making the Cinnamon Rolls, place the end pieces widest side up. For the Sticky Buns, place the widest side of the end pieces down since the buns are inverted after they're done baking.

FLAVOR VARIATION: **Blueberry-Maple Cinnamon Rolls**

- Omit 1 Tbsp. cinnamon from filling.
- Sprinkle 1 cup plumped dried blueberries and 1 cup toasted, chopped pecans onto rolled-out dough after spreading with the filling.
- Substitute an equal amount of mascarpone cheese for the butter in the frosting.
- Omit the vanilla bean paste from the frosting and add 3 Tbsp. pure maple syrup.

Per serving: 687 cal; 33g total fat (13g sat); 78mg chol; 576mg sodium; 90g carb; 5g fiber; 9g protein



4. Roll up the dough jelly roll-style, starting on the short side. Freeze logs briefly for easier cutting.



5. Trim off the ends of the logs with dental floss and discard, then cut into six equal pieces per log.



6. Arrange the rolls in the prepared pan, presentation side up. Space them equally to allow for rising.