

Cinnamon Rolls

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SWEETS MASTER

Ingredients

Outer mass:

- **250g.** Whole milk
- **100g.** Eggs
- **75g.** Butter
- **550g.** Medium strength flour
- **6g.** Salt
- **90g.** Sugar
- **25g.** Honey
- **12g.** Dry yeast

Inner mass:

- **100g.** Butter
- **220g.** Brown sugar
- **100g.** Ceylon cinnamon powder
- **25g.** Green pistachios or hazelnuts
- **70g.** **Mixed diced berries Ingridíssimo (ref.601106) or Diced apple Ingridíssimo (ref.601101)**
- **Mix 3 sesame seeds Ingridíssimo (ref.601802)**
- **Neutral cold glaze (direct use) Ingridíssimo (ref.433003)**

Process

Outer mass

1. Knead all the ingredients, except the butter, in a mechanical mixer. Knead the dough at medium speed until it is very thin.
2. Add the butter in small cubes and cold.
3. Knead until the butter is perfectly integrated and the dough is fine and elastic.
4. Let it rest for about 45 minutes in the fridge so that the flavors and texture improve. Then stretch the dough with a rolling pin so that there is a rectangle approximately 1 cm thick.
5. Let rest again on a covered tray in the fridge to prevent the outer layer from drying out in the air.

Inner mass

6. Heat the butter until the texture resembles an ointment.
7. Add brown sugar. This is much finer if we previously pass it through a cutter.
8. Add the cinnamon powder and beat the dough well until fluffy.
9. Spread this cinnamon cream on the dough rectangle. There should be as even a layer as possible.
10. Once the layer is on the entire surface of the dough, spread the nuts and Mixed diced berries or Diced apple.
11. Roll from one side to form a cylinder as perfect as possible. On each turn, try to keep the dough as tight as possible.
12. Coat the cylinder with the Mix of 3 sesame seeds.
13. Once the dough roll is formed, let it cool to make a clean cut.

Fermentation and cooking

14. Put the Cinnamon Rolls on paper or silpat on a baking sheet. These can be placed separately to favor their round shape or together, American style, so that they are glued together.
15. Paint the surface with beaten egg.
16. Ferment for about 40 minutes at 30°C with a little humidity to prevent the dough from drying out.
17. Preheat the oven to 185°C and cook the Cinnamon Rolls for about 12-14 minutes until the outside is brown.
18. Once cold, paint with a bit of Neutral cold glaze. This will highlight the appearance much more.