

The Best Cinnamon Rolls

Course: **Dessert, Rolls**

Servings	Prep time	Cooking time	Total time
10-12 servings	1 hour 30 minutes	25 minutes	1 hour 55 minutes

Ingredients

For the dough:

7 g (2 ¼ tsp) instant yeast *or* 21 g (¾ oz) fresh yeast

230 ml (1 cup) milk, lukewarm

60 g (¼ cup) unsalted butter, soft

60 g (¼ cup) granulated sugar

½ tsp salt

1 egg

450 g (3 ½ cups) all-purpose flour

For the filling:

120 g (½ cup) unsalted butter, very soft

200 g (1 cup) brown sugar

2–3 tsp ground cinnamon (Ceylon preferred)

Before baking:

40 g (3 tbsp) heavy cream

For the frosting:

50 g (3 ½ tbsp) unsalted butter, soft

60 g (½ cup) powdered sugar

200 g (7 oz) cream cheese, room temperature

Directions

Make the yeast dough:

- 1 Warm the milk until it's just lukewarm (not hot). Stir in the yeast and let it sit for 5–10 minutes until slightly foamy. In a large mixing bowl, combine sugar, flour, soft butter, salt, and the egg. Add in the yeast mixture and knead for about 10 minutes, either by hand or using a stand mixer with a dough hook. The dough will be sticky at first, but as you knead, the gluten develops and the dough becomes soft, smooth,

and elastic. Form the dough into a ball, place it back into the bowl, cover with a damp towel, and let rise in a warm spot (around 35°C / 95°F) until doubled in size — usually about 1 hour.

Prepare the cinnamon filling:

- 2 While the dough rises, mix together the soft butter, brown sugar, and cinnamon in a small bowl until it forms a smooth paste. Set aside.

Roll and fill:

- 3 Once the dough has doubled, punch it down gently and roll it out on a lightly floured surface into a rectangle about 40 × 30 cm (16 × 12 inches). Spread the cinnamon-butter mixture evenly across the dough, reaching all the edges.

Shape the rolls:

- 4 Starting from the long edge, roll the dough tightly into a log. Use a sharp knife or unflavored dental floss to cut even rolls (about 3–4 cm thick). Arrange the rolls in a greased baking dish, leaving a little space between them for spreading. Pour the heavy cream evenly over the rolls — this step makes them extra soft and gooey as they bake.

Bake:

- 5 Bake the cinnamon rolls in a preheated oven at 200°C (400°F) for 25–30 minutes, until golden brown on top and bubbling at the edges.

Tip: If you prefer extra fluffy rolls, let them rest for another 30 minutes before baking.

Frost:

- 6 While the rolls bake, prepare the frosting. In a medium bowl, beat together the butter, powdered sugar, and cream cheese until smooth and creamy. Spread the frosting over the warm rolls right after baking — it will melt slightly into the swirls and make every bite irresistibly creamy.