



CAST IRON CINNAMON ROLLS

What makes these cinnamon rolls crisp on the outside and gooey on the inside is its unique baking method.

INGREDIENTS

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 10

CINNAMON ROLLS:

2 1/4 teaspoons 1 packet active dry yeast

1/4 cup lukewarm water

1 1/2 cups milk warm

1/4 cup granulated sugar

2 tablespoons honey

3 large eggs, room temperature

5 1/2 cups all-purpose flour

1 teaspoon kosher salt

1/2 cup butter softened

CINNAMON FILLING:

1/2 cup butter melted

1 cup brown sugar

1 cup granulated sugar

2 teaspoons ground cinnamon

ICING:

3 cups powdered sugar

1 teaspoon pure vanilla extract

2-4 tablespoons whole milk

DIRECTIONS

1. In a large mixing bowl, allow the yeast and warm water to dissolve. After it's dissolved, combine the warm milk, honey, eggs, and sugar with the yeast mixture. Attaching the dough hook to the mixer, stir in flour and salt. Add in the butter, and beat until the dough becomes smooth - about five minutes.

2. Lightly flour the counter and transfer dough onto floured surface. Knead for a few minutes, making the dough smooth. After kneading is complete, shape the dough into a ball and put it in a greased mixing bowl. Loosely cover with saran wrap and drape with a kitchen towel. Allow the dough to double in size; it should take about an hour. Bring dough back onto the floured surface and knead. Place dough back into the greased bowl and allow it to double in size again - about an hour.

3. After the dough has risen, place it back onto the floured surface and roll with rolling pin, making a rectangle. (It should be about 1/2 an inch thick.) Drizzle and spread the butter evenly with the back of a spoon or brush. Then sprinkle that brown and white sugars and cinnamon evenly over all the dough.

4. Roll up the dough fairly tight and place a bit of butter at the end to seal it up. Using a serrated knife, cut the dough in 2 inch increments.

5. Grease two cast iron skillet and place dough inside evenly. Cover the pan with saran wrap and a cloth. Allow the dough to double one last time - about a half hour to an hour.

6. Whisk the frosting together making sure it's somewhat thick. Cover and set aside.

7. While the dough is rising, preheat oven to 350F. Once the rolls have doubled, brush the tops of the rolls with an egg wash. Bake for 25-30 minutes, and allow the rolls to cool for about 15 minutes before icing them. Serve warm and enjoy!