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# UBC Cinnamon Bun

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## UBC Cinnamon Bun Recipe

**YIELD: 18 Large Cinnamon Buns**

## **INGREDIENTS:**

### **Dough**

3 cups (750mL) milk  
6 tbsp (90mL) butter  
6 tbsp (90mL) plus 1 tsp (5ml) granulated sugar  
1 tbsp (15mL) salt  
½ cup (125mL) warm water  
2 envelopes active dry yeast  
2 large eggs  
9 cups (2.25L) all-purpose flour

### **Filling**

¾ cup (175mL) melted butter  
1¼ cups (300mL) granulated sugar  
2 tbsp (30mL) cinnamon

## **METHOD:**

1. Scald Milk. Stir in butter, 6 tbsp sugar and salt. Cool to lukewarm.
2. Dissolve remaining 1 tsp sugar in warm water. Sprinkle yeast over water mixture. Let stand in a warm place for 10 minutes. Stir.
3. In a large mixing bowl, combine lukewarm milk mixture with eggs. Stir in dissolved yeast mixture.
4. Add four to five cups of the flour and beat well for 10 minutes. With a wooden spoon, gradually add enough of the remaining flour to make a soft dough.
5. Turn out on to a lightly floured surface and knead until smooth and elastic, adding additional flour as needed. This is a soft dough!
6. Place dough in a well-greased bowl and roll around to grease all sides of the dough. Cover with a damp cloth and let rise in a warm place until dough doubles in size, about one hour.
7. Punch down dough and turn out onto a lightly floured surface. Divide dough in half.

8. To fill, roll out each piece of dough into a 9 x 18-inch rectangle. Spread 1/4 cup of melted butter evenly onto each rectangle.
9. Combine sugar and cinnamon for filling. Sprinkle onto the rectangles. Roll dough up like a jelly roll, starting from the long side. Cut into 2-inch slices.
10. Place remaining 1/4 cup of melted butter into the bottom of a 16½ x 11½ x 2½-inch pan. Arrange slices in the pan and cover loosely with greased wax paper.
11. Let rise in pan until doubled in size, about 45-60 minutes.
12. Preheat oven to 350°F (180°C).
13. Bake for 35-40 minutes.
14. Remove from oven and immediately invert onto a serving tray.