

Miele

Cinnamon buns

By Miele

2 hours

Preparation Time

20 minutes

Cooking Time

9 serves

Serves



INGREDIENTS

Dough

190 ml milk
2 ½ tsp instant yeast
60 g butter, melted, cooled slightly
60 g caster sugar
1 whole egg
1 egg yolk
465 g baker's flour
1 tsp salt

Filling

95 g dark brown sugar
15 g cinnamon
55 g unsalted butter, softened

Icing

130 g unsalted butter, softened
3 cups icing sugar, sifted
2 tsp vanilla essence
4-6 tbsp milk

Miele accessories

Baking tray

METHOD

Dough

1. Preheat the oven on Conventional at 40°C, with a baking tray on shelf position 2.
2. Place the milk into a small saucepan and heat gently on medium heat, induction setting 6. Heat milk to 43°C (lukewarm), then transfer to the bowl of a freestanding mixer with a whisk attachment.
3. Sprinkle the yeast over the milk, add the melted butter, sugar, whole egg and egg yolk. Mix until well combined.
4. Place a dough hook attachment on the freestanding mixer. Add the baker's flour and salt to the bowl, mixing on a medium speed until the dough pulls away from the sides of the bowl and forms a ball, approximately 8 minutes.
5. Transfer the dough to well-oiled bowl, cover with cling wrap and place in the oven to prove for 1 hour 30 minutes.

Filling

1. In a small bowl, mix all of the filling ingredients together until well incorporated and spreadable.
2. Between two sheets of baking paper, roll the filling mixture into a rectangle approximately 35 cm long x 22 cm wide. Place in the fridge for 10-15 minutes until firm.

To assemble

1. After the dough has risen, remove from the oven and turn out onto a well-floured surface.
2. Roll the dough into a rectangle approximately 35 cm long x 22 cm wide. Allow for a 1 cm margin on the far side of the dough for rolling.
3. Remove the filling from the fridge and remove the baking paper. Place the filling on top of the rolled dough, allowing a 1 cm margin.
4. After 5 minutes, once the filling has softened, roll the dough up tightly from the shorter side.
5. Trim 3 cm from either end of the roll and then continue to slice 2-3 cm thick slices.
6. Place the slices on their sides into greased 23 cm x 23 cm tin.
7. Cover with cling wrap and place back in the oven on Conventional at 40°C for 45 minutes to prove.
8. Remove the buns from the oven and remove the cling wrap.
9. Preheat the oven on Moisture Plus on Fan Plus at 160°C with 1 manual burst of steam.
10. Place the buns into the oven on shelf position 2, releasing the burst of steam immediately.
11. Bake for 15-20 minutes, or until slightly coloured and risen.
12. Remove from the oven and allow to cool for 15 minutes.

Icing

1. In a bowl of a freestanding mixer, cream the butter.
2. Add 1 cup of icing sugar at a time, alternating between liquids (sugar, vanilla essence, sugar, milk, sugar etc.).
3. Drizzle icing over the buns and allow to set prior to serving.

Hints and tips

- Baker's flour is also referred to as strong flour. It's a high protein flour.

