

Kate's Gluten Free Cinnamon Roll Mix: Detailed Instructions

Helpful Items:

Parchment Paper, 2 pie tins or a 9 x 13 pan or 2 jumbo muffin tins with papers, instant meat thermometer, corn starch, plastic wrap, butter knife, rolling pin, large offset blade cake decorating knife or a spatula.

Cinnamon Roll Directions:

1. Preheat the oven to 350°F, line your baking pan with parchment paper.
2. Add the butter and milk to a microsafe bowl and heat to 110-115 degrees (about 30-60 seconds), use an instant meat thermometer, make sure you don't overheat the milk or it will kill your yeast. (**Hint:** If milk is too hot, fill a bowl with ice and set the bowl with milk on top of ice stirring the milk to cool down, it cools quickly so don't let it get too cold)
3. Add the yeast to the warmed milk and stir. Sprinkle a pinch of sugar on top, set aside to proof. (5-10 minutes) (**Hint:** Bubbles will begin to form and foam will cover the top of your milk if the yeast is active and growing properly. If it doesn't grow, your milk was either too hot or too cold or your yeast may be too old)
 - a. **Alternative Option:** Activate your yeast in a small amount of warm water, subtract the amount of water used from the amount of milk in your recipe. I have found that it's much easier to get the correct temperature for raising yeast with water.
4. Add the cinnamon roll mix to your mixing bowl.
5. Add the oil, eggs, vanilla and milk/yeast mixture to your mix.
6. Mix on medium to medium high speed for 2-3 minutes. (This is important and helps the dough become less sticky). Once it is done mixing, let the dough sit, covered, for 5-10 minutes, it will begin to rise and become less sticky.
7. Combine the brown sugar and cinnamon together and mix well.
8. While the dough is resting, prepare your table. Wet your table with a damp cloth and place plastic wrap on your table surface, (**Hint:** the water helps the plastic wrap stick to your table and keeps it from moving around when you roll out the dough.)
9. Sprinkle the plastic wrap generously with corn or tapioca starch. Place the dough onto the prepared plastic wrap and sprinkle the top of your dough with starch.

10. Cover your rolling pin in starch and begin to roll out the dough into a rectangle about $\frac{1}{8}$ - $\frac{1}{4}$ in thick. Once the dough is rolled out, spread softened butter onto the dough leaving $\frac{1}{2}$ inch space at the top of the dough.
11. Cover the butter with the cinnamon sugar mixture, spreading evenly.
12. To roll the dough, start at the long end closest to you and using the plastic wrap slowly roll the dough toward the end without the butter and sugar. Take time to make sure the roll is tight, add starch to your hands to stop the dough from sticking to you. Try to make it a tight roll using the plastic wrap to lift and roll, slowly peeling away the plastic as you go. Use your hands to slightly pull and tuck the roll toward you, this will help make the roll tighter. Do not pull hard or you will tear the dough.
 - a. *****Do not** try to go back and unroll the dough and do it again if it doesn't seem tight enough, the dough will stick and possibly rip apart. If it sticks to the wrap, simply add more starch and use it to help unstick the dough.
13. Once rolled, use a clean butter knife and dip it in the starch then cut the roll into 12 equal pieces. (**Hint:** Cut the roll in half and then cut each side in half again and then into 3rds).
14. Cover your hands in starch and take each roll and add it to your prepared pan. (**Hint:** If using the jumbo muffin tins, the baking time will be closer to 25-27 minutes. If using a 9x13 pan you will need to bake at least 30 minutes)
15. Cover the rolls with plastic wrap or a teal towel and set them in a warm place to rise for 15-20 min. Remove the towel and bake for 25-33 minutes, until the tops are golden brown. (**Hint:** The last 5-7 minutes, tent your cinnamon rolls with foil, this allows the center rolls to continue cooking without causing the tops to become too dry and dark).
16. Cool and frost with your favorite cream cheese frosting or a vanilla glaze. Enjoy!