

Cinnamon Rolls-Part One

Ingredients:

Step One:

1 ½ tsp. yeast

1 ½ tsp. sugar

1/2 c. warm water

(Between 115°F-125°F)

Step Two:

1/4 c. potato flakes

1/2 c. warm water

Step Three:

1/3 c. sugar

3/4 tsp. salt

1/3 c. shortening

1 egg

Step Four:

3 to 4 c. flour

Step One

1. Preheat the oven to 350°.
2. In the bowl attachment of the KitchenAid mixer, dissolve the ingredients listed under step one above: 1 ½ tsp. yeast, 1 ½ tsp. sugar & 1/2 c. warm water. (The water temperature should be between 115°F and 125°F. You may need to put the water in the microwave to get it warm enough.) Stir together with a spoon until well combined then cover with a large towel and set aside until yeast is activated.

Step Two

3. While yeast is activating, add the 1/4 c. potato flakes into the 1/2 c. warm water in the liquid measuring cup. Mix them together and allow the potato flakes to absorb all of the water until you have a mixture that looks like mashed potatoes. Set aside.

Step Three

4. After yeast is activated, (it will look frothy and foamy), add the ingredients listed under step three above: 1/3 c. sugar, 3/4 tsp. salt, 1/3 c. shortening and 1 egg. With the dough hook attachment, mix all ingredients together. The shortening will still be “chunky” at this stage.
5. Add the mashed potatoes to the mixture and blend again.

Step Four

6. Slowly add the flour, 1/2 cup at a time, while mixing with the dough hook. Every so often, stop the KitchenAid and scrape down the sides of the bowl with a rubber spatula. Then, mix again.
7. Continue to add flour until the dough forms. Be careful not to add too much flour. You want it to be soft, but not sticky. Also, be sure to turn the motor up on the KitchenAid as you add more flour so that you don't burn it out.
8. Allow the KitchenAid to “knead” the dough for about 2 minutes.
9. Turn the dough out onto the floured countertop. Knead by hand until the dough is smooth and elastic, (for about 2 minutes). Use just enough flour to keep the dough from sticking to you or the countertop.
10. **DO NOT MOVE TO THE NEXT STEP UNTIL YOU HAVE WATCHED THE TEACHER DEMONSTRATION.**

Step Five (Optional)

11. Using the rolling pin, roll the dough out into a thin rectangle shape.
12. Move onto Part 2 of the instructions.

Equipment You Will Need On Your Tray

Measuring Spoons

Custard Cup

Spatula

1/4 c. dry measuring cup

1/3 c. dry measuring cup

Cereal spoon

Cinnamon Rolls-Part Two

Ingredients:

Step One:

1/4 c. melted margarine

Step Two:

1/2 c. brown sugar
1 tsp. cinnamon

Step Three:

2 Tbsp. to 1/4 c. flour

Step Four:

1 c. powdered sugar
1 Tbsp. water
1 tsp. vanilla

Step One

1. Melt the 1/4 c. of margarine listed under step one in a custard cup and set aside. (Cover the margarine with a paper towel in the microwave to prevent it from splattering.)
2. Find the pastry brush and set it aside with the melted margarine.

Step Two

3. In a small cereal bowl, mix together the ingredients listed under step two: 1/2 c. brown sugar and 1 tsp. cinnamon. Using a fork to mix will help break up the brown sugar lumps. Set aside.

Step Three

4. Spread some of the melted margarine with your pastry brush until it reaches about one inch from each edge of the dough. (You might not use all of the margarine. If you have leftover margarine, pour into the garbage, NOT down the sink drain.)
5. Sprinkle the cinnamon/brown sugar mixture evenly over the melted butter. Press the sugar mixture into the dough with clean hands to set it in place.
6. Begin to roll the LONG edge of the dough into a cylinder, making sure to pinch the dough down as you go to prevent the cinnamon rolls from coming unraveled in the oven. Fold and pinch each end together to keep the filling inside.
7. Using some sewing thread or floss, cut each cinnamon roll into even slices. Place the cinnamon rolls on a sprayed cookie sheet. Place in the oven and bake at 350° for 15 to 20 minutes, or until the center is cooked through. Use a toothpick to test for doneness.

Step Four

8. As your cinnamon rolls are baking, combine the ingredients listed under step four: 1 c. powdered sugar, 1 Tbsp. water and 1 tsp. vanilla, in a small bowl. The glaze should be somewhat runny, but not watery. If it is too thick, add water 1 tsp. at a time until it reaches the correct consistency. Set aside.

Step Five

9. Remove the cinnamon rolls from the oven when they are cooked through. Place them on a plate and glaze them with the powdered sugar icing. Eat and enjoy!

Equipment You Will Need On Your Tray

Measuring Spoons
Custard Cup
Spatula

1 c. dry measuring cup
1/2 c. dry measuring cup
Cereal Spoon