

Cinnamon Rolls



Preheat oven to 425 degrees and have your cookie sheet ready with some parchment paper lining your pan.

4 cups flour
6 tsp. baking powder
2 tsp. salt
2 heaping Tablespoons white sugar

Mix the above together (with your hands).

Add ½ cup shortening (or butter – your choice) (make sure it's at room temperature) and blend it into the flour with your hands until crumbly (mealy). Make a well in centre and add 2 cups of milk. With a fork – scrape all the flour into the milk and combine until all the flour is absorbed and you have the dough nicely combined. Sprinkle a little flour onto your counter and form the dough into a ball and place on the floured surface.

Sprinkle a bit of flour on the dough and on your rolling pin and roll out til about ½ inch thickness. You can use butter (or I use Becel because it's nice and soft) and spread some all over the surface of the rolled out dough – just like you were spreading peanut butter on the surface of a slice of bread. Now add some brown sugar – sprinkle enough on – probably more than a cup – maybe a cup and a half until all spread out all over the surface and right to the edges. Now sprinkle cinnamon over the complete surface – don't be shy. Roll up the dough like a jelly roll.

With a serrated bread knife cut off both ends of the roll (these pieces you can cook on your second pan) but for now – cut your slices about ¾ inch thick and place on the cookie sheet. (I use a stoneware 9x13" pan). (I find they scorch easily in a metal pan – or perhaps you might want to try a lower temperature if you are using a metal pan. You'll make about 15 cinnamon rolls. Bake for 18 minutes on middle rack (18 minutes in my oven – yours might be done at 14 minutes – check often).

While they're baking – make the frosting/glaze:

3 tablespoons butter or Becel; 2 tsp. vanilla, about 2 cups icing sugar, and a little bit of milk – stir and if too thick add a bit more milk until you have a nice consistency – similar to peanut butter. Spread over warm cinnamon rolls. Delicious!