

Creamy Whole Wheat Cinnamon Rolls

Denise Fidler – The Country Baker

- 8 cups whole wheat flour (freshly ground hard white spring or hard white bread flour or 5 cups all purpose flour plus 3 cups white bread flour)
- 1 cup warm whole milk (115-120°)
- $\frac{3}{4}$ cup honey
- 1 $\frac{1}{4}$ cups salted butter (melted, divided and slightly cooled) ($\frac{1}{4}$ cup set aside for brushing dough)
- 7 large eggs (room temperature)
- $\frac{1}{2}$ Tbsp salt
- 4 Tbsp Saf instant yeast

Optional:

- 3 Tbsp Kitchen Resource Dough Enhancer
- 3 Tbsp granular lecithin
- 3 Tbsp Kitchen Resource Vital Wheat Gluten

In Bosch mixing bowl with dough hook, mix milk, honey, 1 cup butter, eggs, salt, 3 cups flour, yeast, dough enhancer, lecithin and gluten. Add enough remaining flour until it cleans sides of bowl. Begin kneading process by timing for 3-5 minutes on low speed.

Once kneaded, cover dough with a light towel and let rise until doubled, approximately 1 hour. Punch down gently to redistribute the yeast and rise again until double. Deflate again and roll into a large rectangle, approximately $\frac{1}{4}$ " thick. Spread with softened butter.