

Cinnamon Roll Bread



Shopping list:

Loaf Tin
Dough:
7g dry yeast or 25g fresh yeast
450g flour
80g brown sugar
50g softened butter
180ml lukewarm milk
1 tsp vanilla essence
1 tsp cinnamon
1tsp cardamom
pinch of salt
Filling
70g butter
70g brown sugar
2tsp cinnamon
½ tsp cardamom
1/2tsp vanilla bean
Coarse sugar
1 Egg yolk + 1 tbsp milk

Let's bake

First, mix yeast, sugar and lukewarm milk in a bowl, leave covered for 10 minutes.

Now, add flour and the rest of the ingredients. Knead well until the dough is soft and bouncy. Leave the dough covered for 120 minutes.

Meanwhile, combine sugar, cinnamon, cardamom and vanilla and soften the butter.

Knead the dough once again before spreading it into a rectangle on a floured surface, and then coat it with the softened butter. Spread the sugar-cinnamon-mixture on the dough. Curl the dough into a long roll, cut in two and put both of the rolls next to each other onto baking paper.

Cut the rolls into 2 cm thick pieces, but don't cut fully through. Push the pieces to the left and to the right so that you can see the cinnamon inside of the dough. Now, cover the ends and sides with baking paper and press the dough together until it fits in the loaf tin.

Put the dough on the baking paper into the loaf tin and let it rest for 30 minutes. Now, whisk together milk and egg yolk and spread it on the dough. Sprinkle with coarse sugar and bake at 180 degrees for 30 up to 45 minutes until it's golden brown, if necessary cover with foil.

Wait for it to cool down a bit, and then turn upside down. Tastes very good straight out of the oven or lightly coated with butter.