



RECIPE: MALTED CINNAMON BUNS

Makes: 12 Buns

Ingredients

For the Dough:

275g Strong White Bread Flour

100g Malted Wheat Flour

5g Salt

50g Caster Sugar

35g Butter (at room temperature)

1 Medium Egg

175g Milk (at room temperature)

20g Fresh Yeast

For the Filling:

75g Butter (softened)

100g Soft Brown Sugar

1 tbsp Cinnamon

For the Icing:

150g Icing Sugar

30g Water

2g Vanilla Extract (about ½ tsp)

Method

Making the Dough

1. In a large mixing bowl weigh both flours, the salt and sugar. Mix together.
2. Dot small pieces of the butter over the top - no need to rub the butter into the flour as long as the pieces are small - and crack in the egg.
3. Weigh the milk into a jug (making sure it's room temperature) and stir in the yeast to dissolve.
4. Add the liquid to the bowl and mix everything together well with your dough scraper.
5. Tip the dough out onto a clean surface and knead well for 8-10 minutes - don't add any extra flour at this point, just keep scraping up the dough every once in a while if it's sticking.
6. Shape the dough into a ball and place it back in your mixing bowl. Dust with a little flour, cover with a clean cloth and leave to rest at room temperature for 90 minutes.

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Make the Filling

1. While the dough is resting, beat the butter to make sure it's nice and soft and spreadable. In a separate bowl, mix together the sugar and cinnamon.

Dividing and Shaping

1. Line a large tray with baking paper.
2. When the dough has risen nicely, turn it out onto a clean surface and use your fingertips to lightly flatten it.
3. Use a rolling pin to roll out to a large rectangle about 45cm x 30cm, dusting with a little flour if it starts to stick.
4. Spread the soft butter all over the dough, right up to the edges. Sprinkle over the cinnamon sugar, this time leaving a 2cm border along the top edge.
5. Starting from the long side closest to you, roll up the dough in a long, tight sausage (like a Swiss roll). Press the buttery border of the top edge into the roll to seal.
6. Use your dough scraper (or a knife) to lightly mark the dough in 12 portions. Take a long piece of cotton thread and slide this under the roll where the first mark is. Bring the thread up around the sides of the roll, cross over the ends and pull tightly to 'snip' the dough into nice, even round pieces (see Tips below). Repeat for all 12 cuts.

Final Proof

1. Arrange the buns (with a spiral side facing up) on the lined tray with a bit of space between each as they will puff up and join together. Allow to rest for 60-90 minutes.
2. Preheat your oven to 180°C/Fan 160°C/Gas Mark 4.

Baking

1. Bake for 25-30 minutes.

Topping

1. While the buns are baking, mix together the icing sugar, water and vanilla until smooth.
2. As soon as the buns are out of the oven, drizzle the icing all over the hot buns on the tray. Leave until cool enough to handle then tear apart to eat.

Tips from me...

Some of the techniques explained:

- [Bread Tip #89: Do Not Knead on a Floured Surface](#)
- [Bread Tip #104: How to Use Clingfilm Properly and How to Reuse it After](#)

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Adding a little malted flour to these traditional cinnamon buns really adds a depth of flavour you won't expect - it's just a subtle, underlying NUTTINESS but trust me, it's worth it!

Keeping true to the classic American-style buns, this recipe has quite a runny, liquid icing that has to be added while the buns are still hot so that it sets as the buns cool and becomes crisp.

For a deliciously caramelised bottom - have a baking stone (or solid tray) in the oven ready on the middle shelf as it preheats. Slide the baking tray of buns directly on top of this when baking, the heat from the bottom turns the sugar and butter that oozes out the bottom into a SUPER CHEWY caramel layer.

I find weighing out liquids in grams WAY more accurate than measuring in volume. To do it, just place an empty jug onto your scales, make sure it is set to zero, and pour in the amount you need.

Dough scrapers are my go-to most useful piece of bread making kit. I use them for mixing the dough, cutting it, scraping out bowls, cleaning the table, LITERALLY everything. If you don't have one yet you can get yours at bakewithjack.co.uk/shop