GFS Cinnamon Buns

Recipe Stats

Total Dough Weight: **grams** (approximately)
Makes: **12 large Cinnamon Buns**
Hydration: **%** Skill Level: **Beginner**

WEIGHT		INGREDIENTS	BAKER'S %
95	grams	sorghum flour	
95	grams	millet flour	
70	grams	oat flour	
100	grams	tapioca starch	
95	grams	sweet white rice flour	
30	grams	psyllium husk	
45	grams	raw cane sugar	
8	grams	sea salt	
355	grams	milk	
300	grams	levain (prepared 4-8 hours in advance)	
20	grams	unsalted butter (melted)	
3	large	eggs	

STEP 1 - Prepare Levain

4-8 hours in advance, prepare your levain.

1. In a jar, add 130 grams of water
2. Add 40 grams of your sourdough starter
3. Add 130 grams of flour (65 grams buckwheat and 65 grams of brown rice)
4. Stir until well combined
5. Ferment at room temperature for 4-8 hours.

STEP 2 - Mise en Place

Gather ingredients and baking tools.

STEP 3 - Mix the Final Dough

In a bowl, mix warm milk (use water for dairy free) with the levain. Sprinkle the psyllium husk over the mixture and whisk; allow to sit for 2-3 minutes to thicken. Then add the eggs and butter. Weigh flours, salt and sugar into another bowl; mix. Add to the levain mixture and stir. You may need to use your hands to get it fully incorporated - it will be sticky.

STEP 4 - Bulk Fermentation > 12 to 18 hours or overnight

We are now moving into the fermentation stage. Transfer to an oiled proofing bucket, stainless steel or glass container. Cover with a damp cloth or lid and set in a cool (but not too cold) location for 12-18 hours. It will rise by about 50%.

STEP 5 - First Shaping

Turn onto a lightly tapioca dusted surface. Knead well. Shape into a round, let sit for 30 minutes.

STEP 6 - Prepare the Filling > see recipe below

Grease a 9-inch cake pan with butter. Prepare the filling by mixing the melted butter, cinnamon and sugar together. Prepare the caramel sauce by melting the butter in a medium saucepan at medium heat., then add the brown sugar. When the sugar has dissolved and the mixture is bubbling, remove from the heat and whisk in the the cream. Pour into the prepared cake pan, spreading evenly. Sprinkle with chopped walnuts if you like.

STEP 7 - Rolling

Using a rolling pin, roll the dough into a 12 x 15 inch rectangle. Brush the surface of the dough with the melted butter. Sprinkle the filling evenly over the surface. Starting with the long side of the dough, roll it tightly over and over, jelly roll style. Cut with a knife or use floss to divide into 12 equal pieces. Place each one close to each other, but not touching (to leave room to rise) in the cake pan.

STEP 8 - Final Rise

Option #1 Cover the rolls and allow to final proof for 1-4 hours in a warm location.

Option #2 Cover the rolls and place in the refrigerator. In the morning, remove from the fridge and final proof for 1-4 hours.

STEP 6 - The Bake > Preheat your oven to 450°F

Bake for 15 minutes at 450°F, then reduce the oven to 375°F and bake for an additional 10 to 20 minutes (size and filling dependent). Remove from the oven. Allow to cool for 5-10 minutes, then invert the pan onto a large plate or tray. Serve immediately.

THE FILLING

Prepare this filling as Marissa's family makes the cinnamon buns or get creative. You can make it your own or choose a savoury filling by adding butter, garlic or other herbs, cheeses, bacon and more.

WEIGHT		INGREDIENTS
40	grams	butter (melted)
8	grams	cinnamon
125	grams	brown sugar

THE CARAMEL SAUCE

Melt the butter in a medium saucepan at medium heat, then add the brown sugar. Stir until the sugar dissolves and the mixture is bubbling,. Remove from the heat and whisk in the the cream.

WEIGHT		INGREDIENTS
120	grams	butter
110	grams	brown sugar
25	grams	heavy cream
50	grams	chopped nuts (optional)