

# 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°)  
¾ cup honey  
1 ¼ cups salted butter (melted, divided and slightly cooled)  
(¼ cup set aside for brushing dough)  
7 large eggs (room temperature)  
½ 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 ¼" thick. Spread with softened butter.

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Sprinkle with 2 Tbsp. cinnamon and about ¼ cup brown sugar and roll from the longest edge of the rectangle straight across and seal the open edge of the dough. Using dental floss, divide the roll in 1/2 and then each half in 1/2. Cut 3 equal sections out of each of the four pieces. Place in greased 9"x12" baking pan, rolled side up and let rise until double. Bake at 350 degrees for 20 to 25 min. until golden brown. Let cool on a rack and frost if desired.