

ChefNorway's Rolls Choice

"Cinnamon Rolls"

Servings	Preparation Time	Mixing Time	Baking Time	Raising Time	Oven Temperature
6+ People	15 minutes	7-10 minutes	17 minutes	45 minutes	200/392 Celsius/Fahrenheit

You've got to understand that Norwegians live for sweet rolls. Our local gas stations tempt us with a new version every month. Making them better and fresher than ever. I don't think you can understand until you visit Norway. But if you do, don't miss out on fresh rolls from a bakery or the 100 variations you would find at a gas station. Cinnamon rolls are as popular in Norway as in United States. The difference is that we don't use that cream cheese frosting. I still think that my cinnamon rolls are way better than most I've had in the US and therefore I want you to try and maybe support my statement.



Ingredients

European Measurements	US Measurements
1 kg white flour	35 oz. white flour
2 tbsp. cardamom	2 tbsp. cardamom
150 g sugar	5 oz. sugar
6 dl. milk	3 cups milk
100g yeast	3.5 oz. yeast
150g butter	5 oz. butter
1 tbsp. vanilla	1 tbsp. vanilla
2 tbsp. cinnamon	2 tbsp. cinnamon
200g sugar	7 oz. sugar
200g butter	7 oz. butter
2 tbsp. cinnamon	2 tbsp. cinnamon

Directions

- Start by melting butter in a small casserole pot.
- When melted add in the milk and heat up to approximately 37-40°C (100-110°F) + (2 minutes should do it)
- Add flour, cardamom, sugar, vanilla, cinnamon and yeast to a mixer bowl.
- Pour in the butter and milk mixture.
- Use the "hook" tool and start the mixer at low speed for 2 minutes.
- Continue mixing at full speed for another 7 minutes.
- Add more flour if the dough gets too sticky.
- Take out of the bowl and let it rest on the kitchen counter for 15 minutes.
(There are several ways to make a roll and below I will give you directions to make one of the types. But you could always look for another one of my roll recipes and split the dough in 2 halves. Then add the extra ingredients of your choice!)
- **Add butter, cinnamon and sugar to a mixer with the grinding tool. Whisk this until it has gotten a smooth consistence. (Would be easier if you use room tempered butter.)**
- Flatten out the dough with a roller, and spread a thin layer of the cinnamon mixture.
- Roll it up and cut out 9 rolls.
- Place 9 rolls on each baking sheet, with a baking paper under.
- Mix 1 egg + 2 tbsp. hot water, and brush the rolls with the mixture.
- Let the rolls rise for about 20-30 minutes in a hot place.
(You could also insert a deep pan in the oven filled with water and turn the oven on at the suggested temperature for recipe. Unless you are privileged with a steam oven, this is how we trick our way to one. It takes about 30 minutes for the oven to heat up the water so start this part early. The pan should be placed at the very bottom of the oven.)
- Quickly get them into the oven. They need about 17 minutes to bake. When the color is golden brown they are done!
- Try to eat them within 2 hours, because they will lose their absolute freshness quickly!