

Braided Cinnamon Bun Recipe

Makes 12 buns.



INGREDIENTS

Water Roux

- 12g Bread Flour
- 24g Whole Milk
- 24g Water

Yeast Mixture

- 120g Whole Milk (30 °C)
- 8g Active Dry Yeast/Instant Yeast

Dough Ingredients

- 475g Bread Flour
- 38g Granulated Sugar
- 4g Fine Sea Salt
- 38g Water
- 2 Eggs
- 50g Unsalted Butter

Cinnamon Sugar Filling

- 150g Unsalted Butter
- 250g Brown Sugar
- 6g Cinnamon Powder

Egg Wash

- 1 Egg
- 30g Whole Milk

Post-Bake

- Melted Butter

Water Roux

1. Combine the water roux ingredients in a pan over medium-low heat until it reaches a mash-like consistency. Let the mixture cool in a bowl.

Yeast Mixture

2. Combine the yeast mixture ingredients in a bowl. If you're using active dry yeast, let the yeast bloom for 9 mins.

Remaining Ingredients

3. Using a mixer with the dough hook attachment, combine the flour, salt and sugar. Mix until homogeneous.
4. Add in the eggs, water roux and yeast mixture.
5. Add in the butter chunk by chunk and continue to mix for 6 more minutes. Knead.
6. Cover with a damp cloth and let the dough rest for 1.5 hours
7. Using the whisk attachment combine the cinnamon sugar filling ingredients.

Braid

8. Roll the dough out until it is 60cm by 35cm.

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9. Let the dough rest for 10 mins if it resists rolling out (i.e., shrinks back).
10. Once rolled out, spread the cinnamon sugar filling across the dough.
11. Fold the top and bottom of the dough into the centre. The dough should now be 60cm by 10cm.
12. Cut lengthwise into 16 equal pieces.
13. Lightly press down on each piece with your rolling pin.
14. Using a bench scraper or a knife, cut two lines lengthwise. Leave the top part uncut for easy handling.
15. Braid the cut portions.
16. Tuck the top part under the braided portions.
17. Cover and let rest for 20 mins.

Baking

18. Brush the braided cinnamon buns with your egg wash mixture.
19. Bake at 190 degrees celsius for 15 mins.
20. Once your buns are out of the oven, brush down with melted butter.
21. Sprinkle granulated sugar over the buns.