

CINNA-BUNS

Dough

Combine all the dough ingredients in the bowl of an electric mixer fitted with a dough hook and mix on low speed for 3 to 4 minutes or until the ingredients come together. Increase the speed to medium and mix for 6 to 8 minutes or until the dough is smooth and elastic.

Place the dough in a lightly oiled bowl big enough for it to rise to double its size and cover with a damp tea towel. Leave to rise in a warm place for about 1 hour.

225 ml lukewarm milk
2 eggs
80 g butter, cubed
630 g cake wheat flour
9 ml salt
100 g sugar
12,5 ml instant yeast

Filling

Grease a 25 cm x 35 cm baking tray. Place the dough on a lightly floured surface and roll it into a 40 cm x 50 cm rectangle. Spread butter evenly over the dough. Combine cinnamon, poppy seeds and brown sugar, and sprinkle evenly on top. Starting with a short end of the rectangle, roll the dough into a log as tightly as possible and, using a sharp knife, cut the log into 12 slices. Arrange them in the baking tray, cut side up. Cover with a damp tea towel and allow to rise for 30 minutes to 1 hour.

80 g butter, softened
220 g brown sugar
45 ml ground cinnamon
30 ml poppy seeds

Preheat the oven to 190°C. Bake the rolls for 15 to 18 minutes or until golden brown.

Icing

To make the icing, place butter, cream cheese and vanilla in the bowl of an electric mixer and cream for about 1 minute at medium speed. Reduce the speed and slowly add icing sugar. Once all the sugar is incorporated, scrape down the sides of the bowl and mix on medium speed for 2 minutes. When the buns come out of the oven, spread icing on top while they are still warm, which will allow for the icing to soak into the buns. If preferred, serve the icing on the side.

115 g butter
130 g cream cheese, softened
5 ml vanilla extract
250 g icing sugar

Pastry chef's tip: You can make many variations using different spices, fruits, nuts and chocolate. One of my favourite flavours is to add raspberry coulis to the icing, which adds a lovely tart taste.

Makes 12

