

Big & Soft Sourdough Cinnamon Rolls – Yeast Enhanced (6 rolls)

Vickie Steenhoek – with Credit to Patrick Auger and Kelly Bejelly

Activate your starter the day before (or two if cold) you plan to make and bake your dough.

Whisk and let rest for 5-10 minutes – it will thicken:

- 1 Tbsp. (10 grams) Psyllium Whole Husk, ground in blender**
- 1 cup (225 grams) milk or alternative, warmed**
- 1 egg (50 grams)**
- 1 tsp. (6 grams) Vanilla Extract**

Mix In mixer bowl while above rests:

- 1 cup (275 grams) gluten-free starter**
- 2-1/4 cup (300 grams) freshly SIFTED Cup4Cup all-purpose GF flour**
- ¼ cup (50 grams) sugar**
- 1 tsp. (6 grams) salt**
- 2 tsp. (7 grams) instant yeast** (Optional but helps with rise and success of flash freezing uncooked rolls)
- Dash of ground ginger (optional)**
- ¼ cup (50 grams) GF instant vanilla pudding**

Add thickened liquid mixture. Mix well.

Add:

- 4 tablespoons softened butter**

Beat for 2 minutes. The dough texture will resemble a sticky cookie dough.

Put bowl in fridge to chill for about 20-30 minutes (or longer is fine).

Chilled dough is easier to work with and time allows any gritty flour ingredients to soften.

While that chills, use your time to prepare the filling, frosting, and countertop for rolling out the dough. Preheat oven to PROOF setting. (Or else set to 100 and then turn off.)

Filling:

- 3-4 tablespoons butter, softened – set aside (will use to smear across flattened dough)**

Mix:

- 2/3 cup (135 grams) brown sugar**
- 1.5 tsp (4 grams) ground cinnamon**
- Dash of ground xanthan gum (optional – helps the filling goo)**

Frosting:

- ¼ cup butter, softened**
- 2 oz. cream cheese, softened**
- 1 tsp. (6 grams) Vanilla Extract**
- ½ Tbsp (13 grams) corn syrup**
- ¼ tsp lemon juice (optional – cuts the sweet)**
- 1-1/4 cup (150 grams) powdered sugar**



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Prepare countertop with a sheet of parchment paper. On the backside, measure out 12x12 square in a sharpie as your guide for dough size. Flip over and grease very well with Crisco or olive oil inside that area.

Assemble:

1. Finger press with greased hands the slightly chilled dough to the shape on the parchment paper. Dough should be about the same thickness over entire rectangle.
2. Smear softened butter over the dough.
3. Sprinkle and spread out the brown sugar mixture. Then palm press the sugar into the dough. Tip: Using clean, dry hands will prevent the sugar from sticking.
4. DO NOT ROLL dough to create a log. We are doing this a little different.
5. Using a sharp knife or pizza cutter, cut the dough into 2-inch strips. Each strip will be 12 inches long by 2 inches wide. You'll mark off every two inches across the width of the square.
6. Individually roll each strip. Seal the end of the rolled strip by using a fork to press the dough together, and wet fingers to smooth it together.
7. Placed in greased 9x13 pan.
8. When all 6 rolls are in pan, very lightly palm press each roll down 1/4-1/8 inch.
9. Cover with greased saran wrap and let rise in prepared oven or another warm location.
10. When rolls are almost doubled, they are ready for the oven. (1.5-2 hours) If dough starts cracking, get them in the oven right away.

To Bake

Oven preheated to 400 but turn down to bake at 350 once rolls are in the oven.

Bake 30-35 minutes, or until tops are lightly brown and food thermometer reads at least 190.

Immediately frost with a thin layer of frosting.

Let cool 10 minutes and then add the remaining frosting.

Then serve and enjoy the BEST tasting and texture gluten-free cinnamon rolls! No one will know it's GF!

To freeze raw dough rolls:

Individual rolls can be flash frozen (set on a parchment covered tray in the freezer for about 4-6 hours – until just firm. Set a timer to remind yourself. If you forget overnight and wait too long they will dry out a bit.) Then package in a sealed plastic bag (try to get out most of the air) to keep in freezer to bake later.

To bake later, thaw in greased pan, no longer than 8 hours or the dough will overproof and crack. For best results for morning rolls – if you have time to bake later in the morning – is to thaw overnight in the pan in the fridge, then take out to rise in a warm place for 1.5-2.5 hours or so until doubled. If you omit the yeast from the recipe – I'm not sure what results will be to thaw/rise/bake. The frosting also freezes and defrosts well.

Cup4Cup can be interchanged with any one-to-one gluten free flour such as Better Batter, Bobs Red Mill 1 to 1 Baking Flour, or King Arthur Measure for Measure. Note: I think Cup4Cup flour has the best taste & texture in this recipe.