

Sourdough Cinnamon Rolls

Poetry & Pies

prep time: about 30-40 minutes, spread out

rise/resting times: 6-16 hours (depending on where it rises)

baking time: 25-30 minutes

total time: 7-17 hours (adjustable to your schedule)

servings: 9-10



Ingredients & Equipment

for the dough

- ¼ cup (57g) unsalted butter
- ⅔ cup (160g) whole milk
- 250g active, bubbly [sourdough starter](#) (not discard)
- 1 large egg, room temperature
- ¼ cup (50g) granulated sugar
- 3 cups (408g) all-purpose flour
- 1 teaspoon (6g) sea salt

for the filling

- ⅔ cup (133g) brown sugar
- 4 teaspoons (10g) ground cinnamon
- ¼ cup (57g) unsalted butter, room temperature

for the cream cheese frosting

- 4 ounces (113g) cream cheese, room temperature (can sub butter)
- 1-2 cups (130-260g) powdered sugar (to taste)
- ¼-½ cup (60-120g) heavy whipping cream
- pinch sea salt
- 1 tablespoon (13g) pure vanilla extract

Instructions

prep the starter

1. Either feed your main starter enough to have 250g that you can scoop out and use OR build a separate [levain](#) by taking 50g starter and feeding it with 100g 80F/27C filtered water and 100g flour. Leave on the counter 8-12 hours (or place in a turned-off oven with the light on for 4-6 hours), until it has doubled in volume and become bubbly throughout, with bubbles breaking the surface. This means it is ready to use. There is a 1-2 hour window of use, starting when just a few bubbles break the surface and ending when it starts to sag and begins to sink back down.

make the dough

2. Once the starter is bubbly and active and passes the float test (see [this post](#) for the float test), you can begin mixing the dough.
3. In a small saucepan, heat the butter until melted. Remove from heat and add the milk. Set aside while you mix the wet ingredients.
4. In the bowl of your stand mixer fitted with the paddle attachment (or in a large mixing bowl with a whisk), mix the active starter, egg, and sugar on medium-low until well-blended. Slowly stream in the milk and butter while mixing.
5. Add the flour and salt and mix until just combined. (If not using a stand mixer, use a spatula, wooden spoon, or your hands to mix the flour in). Cover with plastic or a damp towel and let sit for 15-20 minutes.
6. Switch to a dough hook and mix on medium-low until it begins to pull away from the edge of the bowl (once you stop mixing, it will slacken and stick to the edges again). If after 3-4 minutes it's just not pulling away at all, add one tablespoon of flour at a time until it begins to pull away from the edge (still slackening when the mixer stops).
7. Transfer the dough to a buttered bowl or straight-edged vessel (so you can gauge how much it rises). Cover and let sit 15-20 minutes.
8. After 15-20 minutes, perform your first set of stretch and folds. Take clean, damp hands and lift one side of the dough, pulling it up and over the middle to

the opposite side. Rotate 90 degrees and repeat. Continue until you have done 4-5 stretch and folds around the whole bowl.

9. Repeat this process every 15-20 minutes for an hour, performing 3-4 sets total. The dough should be smooth and shiny and much stronger than when you started.
10. Let the dough rise (bulk fermentation) on the counter for 8-12 hours (or in your turned-off oven with the light on for 4-6 hours), until it has increased in volume by about 50%. If it is rising too fast for your schedule, you can place it in the fridge to slow the rise.

shape the rolls

11. Turn dough out onto a floured surface or pie mat. Use floured hands to gently pat it into a rectangle. Cover with plastic wrap and let rest for about 10-15 minutes.
12. While it rests, mix the brown sugar and cinnamon for the filling.
13. Use a rolling pin or floured hands to shape the dough into a rectangle that is about 12" by about 18". Have the long edge facing you (so parallel to the counter's edge).
14. Use an offset spatula or smooth butter knife to gently spread the softened butter all around the dough, leaving a ½" border on the long edge furthest from you. Sprinkle the cinnamon sugar evenly over the butter.
15. Gently roll the dough away from you, tucking it tightly along the seam closest to you then gently (but still tightly) rolling it evenly into a log. Using your palms once it gets going is easiest to keep it tight without being too rough.
16. Once the log reaches the far edge, gently press the un-buttered end to "seal" the log.
17. Using a very sharp knife, cut into 9-10 roughly 2" pieces. Arrange these evenly spaced in a lightly buttered (or parchment lined) [9" springform pan](#) or [8" to 9" square pan](#). If using springform, wrap foil around the bottom to catch any drips.

proof the rolls

18. Let the rolls sit on the counter for about 30 minutes. At this point, you can continue to let it proof until puffy and increased in volume between 20-50%, anywhere from 30-90 more, or cover and refrigerate for up to 24 hours, until ready to bake.

bake and frost

19. When ready to bake, preheat oven to 350F/175C. Bake for 25-30 minutes, or until the tops begin to turn golden.

20. While the rolls bake, make the frosting. Beat the cream cheese with a stand mixer or hand mixer on high until smooth. Add 1 cup of the powdered sugar and mix until smooth. Taste, adding more sugar to taste. Once the taste is to your liking, add the vanilla and $\frac{1}{4}$ cup heavy cream. Mix until smooth. Add more heavy cream as needed, to achieve a very soft consistency (not as thick as cake frosting).

21. When the rolls are done baking, let cool 5-10 minutes (or slightly longer—they should be warmish when you frost them). Frost in the pan, letting the frosting melt around the rolls. (Tip: double the frosting to have some for dipping!)

Enjoy!

Leftovers should be covered well and refrigerated. Reheat in the microwave or a warm oven.