Loma Linda University Allied Health Nutrition & Dietetics

Cinnamon Rolls

Portions: 144

Ingredients:

Amount Item

72 fl. Oz buttermilk

6 ea eggs

18 ea egg yolks

2 tbsp vanilla extract

12 lbs flour, all-purpose

30 ozsugar3 ozsalt, kosher12 ozinstant yeast

6 lbs, 12 oz butter, room temp, 1" cubed

2 lbs, 4 oz butter
3 oz cinnamon
2 lbs, 4 oz sugar, brown
4 ½ lbs pecans

4 ½ lbs raisins

6 lbs powdered sugar
4 tbsp vanilla extract
4 tbsp lemon juice
6 oz water

Method:

- 1. In a mixer fitted with a dough hook, combine the buttermilk, egg and yolk, and vanilla
- 2. Add the flour, sugar, salt, and yeast
- 3. Mix on low speed until dough ball forms, 5 minutes
- 4. Increase speed to medium. Gradually add the first butter, scraping bowl as necessary. When all butter is added, continue mixing until gluten is developed, about 15 minutes. Dough should not exceed 75*F.
- 5. Ferment in a greased bus tub in the warming cabinet set to 100*F approx. 1 hour until doubled in bulk
- 6. Prepare filling: whisk together the melted butter, cinnamon and brown sugar. Set aside
- 7. Mix the pecans and raisins and process in batches in the food processor to break into smaller pieces
- 8. Divide dough into 6 equal pieces
- 9. Roll each piece into a rectangle measuring 18x30 inches
- 10. Spread 1/6 of the filling over each rectangle leaving a 1 inch strip at the top side uncovered. Sprinkle with 1/6 of the pecan/raisin mixture

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- 11. Starting with the long side closest to you, roll the dough into a log. Use water on the 1 inch strip to seal it to the log
- 12. Cut into 24 equal pieces using a serrated knife
- 13. Place the rolls close together in a parchment lined hotel pan
- 14. Place the filled hotel pans in the warming cabinet and allow the rolls to rise to 70% increased volume, approx. 45 minutes
- 15. Bake at 350*F until browned with an internal temp of 190*, approx. 40 minutes
- 16. Glaze: combine powdered sugar, vanilla extract, lemon juice and water in a bowl and stir to blend well
- 17. Spread glaze over slightly cooled rolls and serve immediately

*Note: for rolls with increased shelf life (will stay moist longer), use the Tangzhong method:

- Reduce buttermilk to 42 fl oz
- Mix 30 fl oz water with 10 oz of the measured flour
- Heat while stirring until just thick, (149*F)
- Remove from heat and cool to room temperature
- Add this paste with the wet ingredients