**Cinnamon Bun Dough**

(one recipe per unit)

**Ingredients:**

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90 mL milk

8 mL active dry yeast

20 mL sugar

2 mL salt

25 mL egg, beaten (about ½ medium egg)

20 mL margarine, melted

275 mL all-purpose flour (approximate)

**Method:**

1. Heat milk until lukewarm (baby bottle) in the microwave. Use a heat-proof liquid measure covered with a paper towel to avoid splatters if overheated. **\*\*Caution** – over heated milk may kill the yeast.
2. Next, melt the margarine in a heat-resistant custard cup (covered with a paper towel) in the microwave for about 15-20 seconds.
3. Place about 30 mL of the heated milk in a clean custard cup. Sprinkle 5 mL of the sugar and all of the yeast over the warm milk. Place a small amount (about 1-2 cm) of hot water in a cereal bowl and place the custard cup with contents on top of the water in the cereal bowl to keep it warm - make sure the water does not overflow into the cup with the milk. Place the bowl in a warm place for about 10 minutes to allow yeast to activate (inside the microwave oven is fine, as long as it remains off).
4. Meanwhile, combine the remaining milk (60 mL), remaining sugar (15 mL), egg, salt and melted margarine. Stir well to dissolve sugar.
5. Yeast will be ready when it has formed a thick layer of foam on the top. At this stage, add the yeast mixture to the remaining milk mixture from Step 4. Stir to combine all liquids.
6. Add about 100 mL of the flour to the yeast mixture and beat vigorously with a wooden spoon until most of the lumps are gone.
7. Gradually beat in the remaining flour (about 175 mL) until the mixture forms a soft dough that doesn’t stick to the side of the bowl.
8. Knead the dough on a CLEAN, floured surface for a minimum of 5 minutes until it is smooth and elastic. Do not add too much flour while kneading – **only add more flour if the dough is sticking to the counter.**
9. Label a freezer bag with block, unit and “A” or “B” to distinguish groups within your unit. Pour about 5 mL of oil into the bag and rub to distribute the oil all over the inside surface of the bag. **\*\*Note** – too much oil in the bag will cause failure of the dough to rise properly.
10. Place dough in bag, seal it, then just slightly crack open the seal to allow gas to escape but prevent dough from drying out. May be stored in refrigerator for up to 2 days.

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