

No-Knead Cinnamon Rolls

Dough

1 cup milk
1/4 cup brown sugar
1/4 cup canola oil
1 teaspoon yeast
1 cup all-purpose flour
1 cup white whole-wheat flour
1/4 cup all-purpose flour
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt

Filling

1 Tablespoon cinnamon
4 Tablespoons brown sugar
2 Tablespoons unsalted butter, melted

Glaze

1/2 cup powdered sugar
1/4 teaspoon vanilla
1 Tablespoon milk

Mix milk, sugar and vegetable oil in a pan. Scald by heating to 150°F. Leave to cool for about 20 minutes, or until the temperature is between 105°F and 115°F. Sprinkle yeast over the scalded mixture and let sit for about 5 minutes.

Place 2 cups flour in a mixing bowl. Make a well in the center and add scalded mixture. Stir with a spatula until it comes together to form a thick batter. Cover and let the batter sit for at least 1 hour.

Add the remaining 1/4 cup flour, baking powder, baking soda, and salt. Stir until the mixture comes together. Rolls can be made now, or covered and chilled until needed. Dough will be easier to work with if chilled.

When ready to make the rolls, mix ground cinnamon and sugar in a small bowl. Dust the work surface and the top and bottom of dough freely with flour. Roll out the dough into a thin, rectangular shape. Dust the dough and work surface with flour when necessary.

Brush the rolled out dough with melted butter. Sprinkle the cinnamon sugar mixture evenly over the surface. Roll the dough neatly in a line towards you, rolling as tightly as possible. Pinch the seams to seal.

Cut into 1-inch thick slices and arrange in a baking pan greased with butter. Use one 9x13-inch baking pan, or two 8x8-inch baking pans. Place the rolls close together so that they are almost touching.

Cover and leave to rise for 30 to 60 minutes, or until the rolls double in size. Rolls can be left to chill in the fridge over night and baked the next morning. If rolls have doubled in size in the refrigerator, bake right away. Otherwise leave to sit on counter until they double. Bake in preheated oven at 375°F for 12-16 minutes, or until golden brown.

Let rolls cool on the counter. Mix glaze ingredients and drizzle over cooled rolls.