

Cinnamon Rolls

Rolls:

1¼ cup warm (110°F) whole milk
¼ cup butter
¼ cup honey
1 egg
1 teaspoon salt
1 ½ teaspoons instant yeast
3-3 ½ cups whole wheat flour

Filling:

½ cup honey
¼ cup butter
2 teaspoons cinnamon

In a large bowl, combine milk, butter, honey, egg, salt, yeast and 1 ½ cup flour; stir well to combine. Add another cup and a half of flour and mix until dough holds together. Spread some flour on a clean counter and turn the dough out of the bowl onto the counter. Knead the dough by folding one end over the other, giving it a quarter turn and repeating. Add enough flour to keep the dough from sticking but do not make the dough too stiff or it will not rise. Knead the dough for about 3-5 minutes or until it is mostly smooth and stretches slightly when pulled. Put the dough back in the bowl, grease the top with a little oil to keep a crust from forming, place in a warm place (outside in the summer, by the wood stove or in an oven that was preheated to 170°F and turned off) and let rise for 2-3 hours or until noticeably larger in size. The dough does not have to be doubled to rise properly. Roll out dough into a 32 x 8" rectangle. Mix together honey, butter and cinnamon; spread over rectangle. Roll up from long side and slice roll into 1" slices. Place cut side down in a buttered 9" x 13" baking pan, let rise and bake. To have rolls ready for breakfast, roll out dough immediately without letting rise, shape and let rise overnight on the counter. Bake in the morning.