

**From Gayl's Vintage Recipe Collection**  
**Cinnamon Buns**

(Fills two 9" x 13" pans, approx. 30 buns)

**Step 1:**

**Mix together in bowl:**

1 ½ cups lukewarm milk  
½ cup sugar  
2 tsp. salt

**Step 2:**

**2 pkg. active dry yeast** – soak in ½ cup lukewarm water for 5 minutes without stirring. Then stir well and add to milk mixture.

**Step 3:**

Stir in 2 eggs and 1/2 cup soft butter.

**Step 4:**

**Add:**

5 ½ cups flour (I use a mixture of all purpose unbleached and white whole wheat) and stir to mix. (This is where I use my Kitchen-Aid mixer with a dough hook. Turn mixer to setting 2 and continue to mix, gradually adding 1 to 2 cups more flour to make a soft dough.) If you don't have a mixer with a dough hook you can continue to mix by hand, turning it onto a floured surface and kneading until the dough is soft and supple.

**Step 5:**

Put in greased bowl, turning once to grease the dough. Cover and let rise about 1 hour or till doubled in size. At this point you can punch down and rise again or go on to the next step.

**(While dough is rising you can prepare your filling and topping)**

**Filling:** (You will use half for each rectangle of dough) 4 Tbsp. melted butter 2 cups dark brown sugar mixed with 3 tsp. cinnamon

**Topping:**

**In each pan** place 3 Tbsp. butter, 3 Tbsp. light brown sugar, and 3 Tbsp. honey. To melt and mix the ingredients, place pans in oven while preheating. Make sure it spreads over the whole pan. You will place your cut buns on top. (In place of the honey you could use

maple syrup or corn syrup. The original recipe called for corn syrup but I don't like to use it.)

**Preheat oven to 375° F**

**Step 6:**

Punch down and separate dough into two sections. On a floured surface roll one section into about a 10" x 15 " rectangle. Spread about **2 Tbsp. melted butter** on surface of rectangle, then spread **half the cinnamon /sugar mixture**.

**Step 7:**

Starting from long side at back, slowly roll toward the front keeping it tight. When you have a long "snake", seal off the ends and use a knife to cut into 15 rounds.

Take prepared pans out of oven and place buns on top of the topping in and cover.

**Repeat** with the other section of dough.

**Step 8:**

Place pans in oven and bake about 20 minutes. When done, take pans out one at a time and quickly turn pan over, dumping the buns onto wax paper spread on the counter or onto cooling racks that have been placed on top of the wax paper. **(It's a bit tricky, but the topping tends to harden once it's out of the oven, hence the reason for dumping them out quickly.)**

**Let cool slightly, separate and enjoy!**

