

Cinnamon Rolls - USDA Recipe B80

Meal Components: Grains

B8

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Active dry yeast		2 Tbsp	2 oz	1/4 cup	<ol style="list-style-type: none"> For best results, all ingredients and utensils should be at room temperature. Dissolve dry yeast in warm water (110 °F). Let stand for 4-5 minutes. Set aside for Step 6. Place flour, dry milk, sugar, salt, and dried orange peel (optional) in a commercial mixer (batch as needed). Using a dough hook attachment, mix on low speed for 2 minutes. Leave dry ingredients in mixer.
Water (110 °F)		3/4 cup		1 1/2 cups	
Whole-wheat flour	15 oz	3 1/3 cups	1 lb 14 oz	1 qt 2 2/3 cups	
Enriched bread flour	14 oz	3 1/8 cups	1 lb 12 oz	1 qt 2 1/4 cups	
Instant nonfat dry milk	1 2/3 oz	1/4 cup	3 1/3 oz	1/2 cup	
Sugar	2 3/4 oz	1/3 cup	5 1/2 oz	2/3 cup	
Salt		2 tsp		1 Tbsp 1 tsp	

Canola oil		1/3 cup 1 Tbsp		2/3 cup 2 Tbsp	4. Add oil and mix for approximately 2 minutes on low speed.
Water (68 °F)		1 1/4 cups		2 1/2 cups	5. Add water (68° F). Mix for 1 minute on low speed. 6. Add dissolved yeast and mix for 2 minutes on low speed. 7. Knead dough for 8 minutes on medium speed or until dough is smooth and elastic. 8. Place dough in a warm area (about 90 °F) for 45-60 minutes. 9. Punch dough to remove air bubbles and let rest for 15 minutes.
Ground cinnamon		1/4 cup	2 oz	1/2 cup	10. Combine cinnamon and sugar in a small bowl. Stir well. Set aside for step 12.
Sugar	2 3/4 oz	1/3 cup	5 1/2 oz	2/3 cup	11. After 15 minutes, begin rolling out dough on a lightly floured surface.
Canola oil		1 1/2 tsp		1 Tbsp	12. Lightly brush each rectangle with oil. Sprinkle approximately 1/2 cup cinnamon and sugar mixture over each rectangle.
Dried Cranberries	5 oz	1 cup	10 oz	2 cups	13. Sprinkle dried cranberries over cinnamon-

14. Roll each rectangle on the long side to form a long, slender roll. Cut each roll into 25 uniform pieces, 1" thick.

15. Place in rows, 5 across and 10 down on a sheet pan (18" x 26" x 1") lightly coated with pan release spray.

16. Place sheet pans in a warm area (about 90 °F) until double in size, 30-50 minutes.

17. Bake until lightly browned:

(Optional) Margarine, trans fat-free

1 1/2 tsp

1 Tbsp

18. (Optional) Brush lightly with melted margarine while warm.

19. Serve 1 cinnamon roll.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cinnamon roll provides 2 oz equivalent grains.

CACFP Crediting Information: 1 cinnamon roll provides 2 servings grains/bread.

Serving	Yield	Volume
See Notes	25 Servings: about 3 lb 4 oz	25 Servings: about 1 quart 2 1/2 cups / 25 cinnamon rolls
	50 Servings: about 6 lb 8 oz	50 Servings: about 3 quarts 1 cup / 50 cinnamon rolls

Nutrients Per Serving					
Calories	200	Saturated Fat	Iron	1 mg	
Protein	5 g	Cholesterol	Calcium	39 mg	
Carbohydrate	37 g	Vitamin A	45 IU	Sodium	200 mg
Total Fat	4 g	Vitamin C	Dietary Fiber	3 g	