

Buttermilk Cinnamon Rolls with Cream Cheese Glaze

YIELD: MAKES 12 ROLLS

Make-Ahead: to make these rolls ahead of time, once the rolls are formed and placed on the baking sheet, immediately cover them with lightly greased plastic wrap and refrigerate them; do not let them rise. Refrigerate overnight, up to 16 hours. Let the rolls sit at room temperature, covered, until they have doubled in size about 3-4 hours and then uncover and bake as directed. The rolls can also be frozen at the same point as mentioned above (cover with a layer of greased plastic wrap and a top layer of tin foil). They will need to sit at room temperature for 9-11 hours to defrost and rise before baking.

Note: as with all yeast doughs, I never use the flour amount called for in the recipe as a hard fast rule (unless a weight measure is given and then I pull out my kitchen scale). Because humidity, temperature, altitude and a multitude of other factors can impact how much flour you need in your yeast doughs, I always judge when to quit adding flour by the texture and look and feel of the dough rather than how much flour I've added compared to the recipe. This [tutorial on yeast](#) may help identify how a perfectly floured dough should be.

INGREDIENTS

Rolls:

3/4 cup buttermilk, warm (*I pour the buttermilk in a glass liquid measuring cup and microwave for 1 minute on 50% power*) ([here is a guide for making your own buttermilk](#))

6 tablespoons butter, melted and cooled

3 large eggs

4 1/4 cups (21 1/4 ounces) flour

1/4 cup (1 3/4 ounces) sugar

2 1/4 teaspoons instant yeast

1 1/4 teaspoons salt

Filling:

1/2 cup (1 stick) butter, softened to room temperature

1 cup brown sugar

2 teaspoons cinnamon

Glaze: (or use the delicious cream cheese frosting from [this recipe](#)):

1 1/2 cups (6 ounces) confectioners sugar

2 ounces cream cheese, softened

3 tablespoons buttermilk or milk

1/2 teaspoon vanilla extract

DIRECTIONS

- 1 For the dough, whisk the warmed buttermilk and butter together in a large liquid measuring cup. Combine 4 cups of flour, sugar, yeast and salt together in a standing mixer fitted with dough hook (or you can use a large bowl and mix with a wooden spoon or electric handheld mixer). With the mixer on low speed, add the buttermilk mixture and eggs and mix until the dough comes together, about 2

minutes. Increase the mixer to medium speed and knead the dough until it is smooth and elastic, about 10 minutes (knead for 15-18 minutes by hand). If after 5 minutes of kneading, the dough is still overly sticky, add 1/4 cup flour 1 tablespoon at a time until the dough clears the sides of the bowl but has a slight tacky feel when pressed between your fingertips. (See [this tutorial](#) for a visual.)

- 2 Place the dough in a large, lightly oiled bowl and cover the top tightly with plastic wrap. Let the dough rise in a warm place until doubled, around 2 to 2 ½ hours, depending on the warmth of your kitchen.
- 3 Meanwhile, lightly grease a 9X13-inch baking dish (if doubling the recipe, I've found using a large rimmed baking sheet, 11X17-inches, works great). In a small bowl, mix the brown sugar and cinnamon together. Set aside.
- 4 When the dough is ready, turn it out onto a lightly floured counter (I use my trusty rou'pat for this step) and press it into a 16 by 12-inch rectangle (if you have doubled the recipe, split the dough in half and roll out one half at a time). Gently brush the softened butter over the rectangle, using an offset spatula or rubber spatula. Sprinkle on the brown sugar mixture, leaving a 1/2-inch border along the top and bottom edges. Lightly use the palms of your hands to press the brown sugar mixture into the butter, adhering it to the dough.
- 5 Lift the longest edge closest to you and begin rolling the dough into a tight log. Pinch the seam closed and roll the log so it is seam side down. Gently stretch the log to be 18 inches in length with an even diameter all the way throughout and pat the ends to even them up.
- 6 Using a serrated knife, slice the log into 12 evenly sized rolls (or more if you like your rolls thinner). Arrange the rolls cut side down on the prepared baking pan and cover with lightly greased plastic wrap. Let the rolls rise in a warm place until doubled, 1 to 1 ½ hours.
- 7 Bake at 350 degrees for 22-25 minutes, until the rolls are lightly golden on top and cooked through but not overly browned.
- 8 While the rolls are baking, mix the softened cream cheese and buttermilk together until smooth. Add the vanilla and mix. Whisk in the confectioner's sugar. Add additional milk or buttermilk one teaspoon at a time until desired glaze consistency is reached. It should be thick yet pourable. Drizzle the warm rolls with the glaze.