

AMERICAN EGG BOARD CULINARY LIBRARY



MAPLE GLAZED CINNAMON BUNS

Total Time: 2 hour 10 minutes
 Prep Time: 15 minutes
 Cook Time: 25 minutes

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INGREDIENTS

For the Dough:		
½ cup	whole milk	
¼ cup	water	
1 envelope	active dry yeast (2 ¼ tsp)	
⅓ cup	granulated sugar	
1	Phil's Free Range Organic egg	large
1 tbsp	vanilla extract	
2.5 cup	all purpose flour	plus more for dusting
¼ tsp	kosher salt	
¼ cup	unsalted butter	room temperature
For the filling		
⅓ cup	unsalted butter	melted
¾ cup	brown sugar	
1 tbsp	cinnamon	
3 tbsp	maple syrup	
For the glaze		

1 cup	confectioners sugar	
1 ½ tbsp	maple syrup	
1 tbsp	milk	

Dough

1. In a microwave safe measuring cup, heat the milk and water for 30 seconds at a time until warmed throughout, about 2-3 times.
2. In the bowl of a stand mixer add the envelope of active dry yeast and the sugar. Pour the warmed milk mixture on top and whisk lightly. Let sit for 10 minutes until frothy
3. Add the egg, and vanilla extract and whisk again. Next add in the flour and salt and mix on low-medium speed with the dough hook attached. Continue mixing until a soft dough forms.
4. Cut the butter into cubes and with the mixer running on medium speed, add the butter to the mixture slowly, mixing in between each addition. Continue kneading the dough on medium speed for 3 minutes. The dough is ready when all of the butter is incorporated and dough is slightly sticky.
5. Pour the dough out onto a floured surface and knead for 30 seconds until no longer sticky. Place the dough back into the bowl, and leave it in a warm area (such as on top of your stove with the oven preheated) for 1 hour until double in size.

Filling

1. Right before rolling out the dough, prepare the filling. In a small bowl combine the melted butter, brown sugar, cinnamon, and maple syrup and stir until combined. Set aside.
2. Pour out the dough onto a lightly floured surface and roll into 12x16 inch long rectangle. Spread the filling in the center of the dough, leaving 1 inch off the sides
3. From the long side, roll the dough into a log and slice it into 1" slices. You can cut off the ends and discard them if they are too small or have no filling inside. Place the pieces with the cut side up in a 9x13" pan and leave them again to rest for 30 minutes with a covered teal towel in a warm spot.
4. Preheat the oven to 350F and bake the buns for 20-25 minutes until puffy and golden brown

Glaze

1. While the buns are baking, make the maple glaze. In a small bowl combine the confectioners sugar, maple syrup, and milk. Drizzle all over the buns when they come out of the oven and serve.