**Lab: Cinnamon Buns**

Oven Temperature: 220 C or 425 F Name: KEY

Baking Time: 15- 20 minutes Lab Duty:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: 2 Partner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Product Standards**   1. Golden brown 2. Uniform thickness 3. Pinched & rolled tightly | | | **Reminders**   1. Shortening should be cut into pea size pieces 2. Add milk gradually to ensure your dough is not overly wet and sticky 3. Remember to leave about 1 inch of long edge clean without margarine and cinnamon sugar mixture. |
| **Ingredients:**  DOUGH  **500ml** all- purpose flour  **10ml** baking powder  **1ml** salt  **60ml** cold shortening  **200ml** milk  TOPPING (filling)  **30ml** melted margarine  **10ml** cinnamon  **75ml** brown sugar  ICING  **60ml** cream cheese  **25ml** margarine  **250ml** icing sugar  **2ml** vanilla extract   |  | | --- | | **Clean edge** | | **Topping mixture** | | | | **Method:**   1. Preheat oven and grease a round layer cake pan. 2. Mix dry ingredients together for dough. Cut in shortening.  **TC** 3. Add milk gradually and stir until thoroughly blended. **TC** 4. On lightly floured surface, roll into a rectangle about .5 cm thick (1/4 inch). Rectangle should be approximately 8.5 X 14 inches) 5. Microwave margarine in custard cup for 20 seconds*. (Make sure you put a small paper towel over the custard cup before putting it into the microwave)* 6. Brush margarine on top leaving one long edge clean. Mix together brown sugar and cinnamon, sprinkle on top of margarine.   \*Remember to keep long edge clean!   1. Roll tightly towards clean edge. Pinch clean   edge down to seal.   1. Slice through with serrated knife about 2 cm   thick each.   1. Place cut edge down in greased pan and bake until lightly browned. 2. While still warm, use your cooling rack, place on top of cake pan and **invert** it, tap until cinnamon buns release. Remove cake pan. **Be careful, HOT!!!** 3. Beat cream cheese and margarine in a small bowl with wooden spoon. Stir in icing sugar and vanilla. Spread over cinnamon buns. |
| **Equipment:**  250ml liquid measure  Small measure  Dry measure  Pastry blender  Pastry brush  Cutting board  Rolling pin | Serrated knife  Wooden spoon  Custard Cup  Green tray  Round  Large mixing bowl  Small mixing bowl | **Cooking Concepts**   1. Making biscuit dough 2. Shaping and rolling cinnamon buns 3. Inverting cakes | |

**Nutritional Value**: **Grains**: flour  **Fruit & Veg:** None **Meat& Alternative**: None **Dairy:** milk