

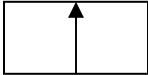
Goopy Cinnamon Rolls

Dough

- 6 c..... Bread Flour
- 3 c..... Water (60°F)
- ¼ c.... Yeast
- 1 Tbs. Sugar
- 1½ tsp.... Salt
- 2 tsp . butter

Topping

- ¼ lb... Butter
- 1 lb.... Brown Sugar
- 1 Tbs. Cinnamon
- 2 tsp.. Vanilla
- ½ c.... Almonds

1. Thoroughly mix 1 c flour, yeast, sugar, salt, water and 2 tsp butter in a mixing bowl with a wire whip.
2. Let set until slurry starts to raise 2x it size (about 45 min.). If water is warmer than 60°F, it will rise faster and can kill off the yeast.
3. Mix in remaining flour with a dough hook of a mixer.
4. Refrigerate dough overnight (for better flavor development 2 or 3 days but do not let go beyond 4 days because yeast will start to die off).
5. Next day Melt butter and mix with brown sugar, cinnamon and vanilla.
6. Roll dough into a rectangle about ½" thick.
7. Spread ¾ of the sugar mixture over dough.
8. Roll dough into a log. 
9. Cut into 12 equal pieces.
10. Grease an 11 x 15 rectangle cake pan.
11. Spread remaining sugar mixture with almonds in bottom of pan.
12. Place dough pieces on ends in pan.
13. Let proof for 1 hour.
14. Preheat oven to 450°F and bake for 20 min.
15. When done, place a baking sheet over the top, flip and remove cake pan.

*These are very goopy and when they are just pulled out of the oven they are very hot so please be very careful.

When making dough each ingredient is used for a specific reason. Bread flour is a high in gluten, which will form when mixing. The more you mix the more gluten formation. That's good up to a point because the bread can start to get tough. The butter can be replaced with other fats/oil. The butter will make the bread tender. For some types of bread you can leave it out. The salt keeps the yeast under control. The sugar feeds the yeast. The yeast of course makes the bread rise. When at higher altitudes you want to use more which seems backwards.

When you think about it there is less pressure to fight the yeast from rising. If it rises too much like a cake it will fall. This would also apply to anything that has a leavening agent. And the water hydrates everything.

Be creative, have fun and enjoy!!!