

Orange Cinnamon Rolls with Orange Cream Cheese Frosting



-Active prep time 60 minutes

-rest time 4-6 hours possibly

Dough Ingredients

10 oz. water at 100°-110°F (slightly warmer than body temperature)

2 tbsp. plus 1 tsp. dry active yeast

2# bread or high gluten flour

2 cups cake flour

2 tsp. salt

4oz. soft unsalted butter

$\frac{3}{4}$ cup granulated sugar

$\frac{1}{2}$ cup of non-fat milk solids (dry milk)

4 ea. large eggs

3 ea. egg yolks (save the whites for the filling)

$\frac{1}{4}$ tsp. ground cinnamon $\frac{1}{4}$ tsp. ground cardamom or ground nutmeg

the zest from 2 or 3 oranges or tangerines, chopped fine (save the oranges to juice for the icing)

Lamination

1# soft, unsalted butter, approximately

Filling

3.5 oz. ground almonds (or almond flour)

3 oz. brown sugar

2 oz. egg whites (about 2 ea.)

1 $\frac{1}{2}$ tbsp. ground cinnamon

a couple drops of vanilla extract

$\frac{1}{8}$ th tsp. salt

Egg Wash

1 egg beaten with 1 tbsp. milk or water until loose

Icing

1# cream cheese, softened

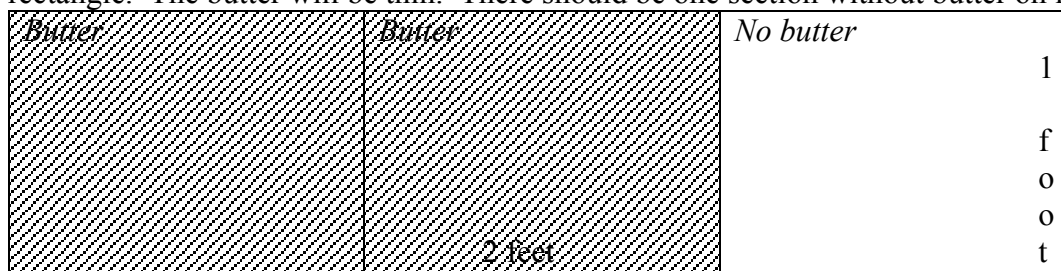
¼ cup freshly squeezed orange or tangerine juice

1 tsp. vanilla extract

¾ cup powdered sugar for a tangy icing, up to 1 ½ cups of powdered sugar for a sweeter icing (sifted)

Procedure

1. Combine warm water and yeast. Let sit until bubbly or foamy or frothy.
2. Combine the remaining dough ingredients in the bowl of a stand mixer fitted with a dough hook or sturdy bowl if you are going to use a hand mixer with dough hooks.
3. When water is foamy, add to bowl. Mix on low speed until ingredients are slightly mixed. Then turn to medium speed for 5 minutes. Scrape down bowl as necessary. Turn to medium speed and knead an additional 5 minutes until smooth.
4. Remove from bowl on put out on a well-floured, very large surface. Roll into a large rectangle, approximately 2 feet long but 1 foot tall.
5. Spread the soft butter over 2/3 of the dough: start on one side of the dough, spread the butter from top to bottom and work it all the way over until you have covered 2/3 of the rectangle. The butter will be thin. There should be one section without butter on it.



6. Fold the dough into thirds: Take the section of dough without butter on it, and fold it onto the first buttered section. Then take the last remaining piece of dough and fold it up onto the dough. (you want to have the buttered side touching a non-buttered side always)
 7. Now, roll the dough so the three layers become one. Roll it into another rectangle, 2 feet by 1 foot Try to roll it so stays rectangle. Fold it in thirds again.
 8. Place on pan, and wrap tightly. Put in refrigerator for 15-20 minutes until the dough is firm again.
 9. Remove from cooler and roll the dough again until you have another 2 by 1 rectangle. Fold into thirds, and chill for another 15-20 minutes. Repeat this 2 more times. (4 times total).
 10. Remove from cooler and roll the dough again until you have another 2 by 1 rectangle.
 11. Mix together all the filling ingredients together. It will be very sticky. If you need to loosen it just a bit, add a few drops of orange juice. You do not want it runny though.
 12. Spread this mixture as evenly as possible all over the entire surface of the rolled-out dough.
 13. Roll up the dough: Starting on one side of the long edge, start rolling up, working your way down the down the dough. Work back and forth until rolled up. Don't pinch too tight.
 14. When rolled up, slice into approximately 1 to 1-1/2 inch slices.
- note- at this point the cinnamon rolls can be wrapped individually and frozen until ready for

use.

15. Place each cinnamon roll on a baking sheet that has been lined with a piece of parchment paper. You will need 2 baking sheets. It is ok if they are close together. (If using your frozen cinnamon rolls, unwrap them and lay them out).
 16. Loosely cover with plastic wrap or a towel, and place in a warm area (80°F) until the rolls are doubled in size. (If using the frozen cinnamon rolls, do this the night before, and let proof on the counter over night).
 17. Brush each roll with egg wash.
 18. Preheat oven to 375°F. Bake for 30-40 minutes until dough is baked through and a deep golden brown in color.
 19. Remove from oven and let cool slightly.
 20. Beat together all the ingredients for the icing until smooth. Adjust the amount of powdered sugar to get to your desired level of sweetness.
 21. Spread the thick icing on the rolls while they are still a little bit warm.
- Yields approximately 18 cinnamon rolls

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