



Cinnamon Sweet Bread

25'

Hands on

3 hours'

Hands off

40'

Cook Time

8-10

Portion(s)

2

Difficulty



Method

- Heat the milk in the microwave for 1 minute at 800 watts. You can also do this in a small saucepan but be careful not to let it get too hot or else you will destroy the yeast. The temperature should be 37* C (98.6* F) just like your body temperature!
- Pour milk in a bowl and add 100 g sugar, vegetable oil and yeast. Mix with a spoon. Add 500 g flour and mix. Cover with plastic wrap and set aside to rise for 1 hour.
- After 1 hour, transfer mixture to a mixer's bowl. Add the salt and baking powder. Beat with the hook attachment until the dough forms and starts to pull back from the sides of the bowl. It needs to be "worked" for quite a while so that it becomes smooth, soft and elastic.
- Transfer dough to a bowl. Brush with some oil so the top does not harden. Cover with plastic wrap or a towel and allow to rise again at room temperature. This should take about 1 hour, until it doubles in size.
- When ready, refrigerate dough for about an hour so it is easier to handle. If you have enough time, refrigerate overnight (covered in plastic wrap securely) and let the dough rise slowly. It will become even tastier like this.
- Dust your working space generously with flour. Place your dough on the flour and spread out to a 1 cm thick sheet. You can use your hands or a rolling pin.
- Melt the butter and brush it over the dough.
- Combine the cinnamon and 300 g sugar in a bowl. Spread it over the dough evenly. You can also grate some chocolate over the dough, if you like.
- Using a knife, cut the dough into 6-8 strips.
- Carefully place the strips one on top of the other. It might help if you gently fold each strip into 4 so that you can move it easier. It will look as if you are making a sandwich out of strips of dough.
- Cut layered strips of dough into 6 pieces and place them in a buttered 10x30 cm loaf pan (vertically). The dough in the pan should look like it a loaf of bread that has been cut into slices.
- Set aside for about 20 minutes before baking.

Ingredients

For dough

- 480 g fresh milk
- 100 g vegetable oil
- 100 g granulated sugar
- 1 packet active dry yeast
- 500 g all-purpose flour + 80 g all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt

For filling

- 125 g butter, melted
- 300 g granulated sugar
- 3 tablespoons ground cinnamon
- 300 g chocolate, for coating (a combination of melted chocolates)

Διατροφικός πίνακας

Nutrition information per portion

747 Calories (kcal)	32.0 Total Fat (g)	16.0 Saturated Fat (g)	103.0 Total Carbs (g)
37%	46%	80%	40%
59.0 Sugars (g)	10.0 Protein (g)	3.4 Fibre (g)	0.84 Sodium (g)
66%	20%	14%	14%

- Also it is very important you place a baking pan under the loaf pan while baking because it will drip and you don't want it to drip on the interior of your oven. While baking, the sugar turns into caramel which can also drip.
- Bake for 30-40 minutes.
- After baking for 20 minutes, check to make sure the cake is not getting too dark in color. Cover with aluminum foil and continue baking. It may also not be completely done in the center after 30 minutes and may need to bake for a few more minutes.
- In either case, the aluminum foil is very useful.
- When ready, remove from oven and set aside to cool.
- Drizzle with a combination of melted chocolates.
- Serve warm or at room temperature

Tip

After baking for 20 minutes, check to make sure the cake is not getting too dark in color and cover with aluminum foil. It may also not be completely done in the center after 30 minutes and may need to bake longer. So in either case, the aluminum foil is very useful.