



Mini cinnamon rolls on skewers

30'

Hands on

1 hour'

Hands off

20'

Cook Time

16

Portion(s)

2

Difficulty



Method

- In a mixer's bowl, add the milk, yeast and whisk until the yeast dissolves in the milk.
- Add the sugar, butter, egg, salt and flour.
- Beat with the mixer using the hook attachment for 5 minutes on medium speed, until the dough starts to pull away from the sides of the bowl.
- Brush a [bowl](#) with 1 tablespoon of melted butter and transfer the dough in there.
- Cover with a plastic wrap and wait for 30 minutes until the dough doubles in volume.
- Sprinkle the kitchen counter with flour. When the dough is puffy, roll out. Shape the dough in a rectangular form (0.5 cm thick and 40x30 cm in size).
- In a mixer's bowl, add the butter, soft dark brown sugar, cinnamon and beat on medium speed for 2-3 minutes until homogenized.
- Remove mixer's bowl from stand and place the filling in the center of the dough.
- Spread the filling across the dough with the spoon (but not on the edges).
- Roll the dough (rolling from the larger side) creating a big roll and cut it with a sharp [knife](#) into 16 pieces.
- Place 8 pieces in a [baking pan](#) lined with parchment paper, one next to the other. Repeat for the other 8.
- Cover with a towel and let rise until dough is doubled.
- Preheat oven over 170° C (340* F) Set to Fan.
- When rolls are puffy, brush the rest of the melted butter and bake in the oven for 20 minutes.
- Let them cool and insert skewers.
- Pour the [caramel sauce](#) over them and serve.

Ingredients

- 125 g milk, at room temperature
- 1 teaspoon dry yeast
- 60 g sugar
- 40 g butter
- 1 medium egg
- pinch of salt
- 350 g strong bread flour + extra for unrolling the dough
- 20 g butter, melted
- 16 skewers

For filling

- 50 g butter, at room temperature
- 80 g soft dark brown sugar
- 10 g cinnamon

To serve

- [caramel sauce](#)

Διατροφικός πίνακας

Nutrition information per portion

185 Calories (kcal)	7.1 Total Fat (g)	4.3 Saturated Fat (g)	27.0 Total Carbs (g)
9%	10%	22%	10%
9.1 Sugars (g)	3.2 Protein (g)	1.3 Fibre (g)	0.06 Sodium (g)
10%	6%	5%	1%