



# Ooey-Gooey Chewy Sourdough Cinnamon Rolls

🕒 1 day 🍴 18 servings

## Ingredients

### Dough

3 cup Unbleached all purpose flour

1/2 tsp Salt

1 1/2 cup Water

1/2 cup Sourdough starter (fed earlier in the day)

### Filling

1/2 cup Unsalted butter (use vegan butter for dairy-free)

1 cup Brown sugar

1 tbsp Cinnamon

Optional cinnamon roll additions: raisins, chopped walnuts or pecans, or orange zest

## Nutrition per serving (estimated)

Calories	175 kcal	Fat	5 g
Carbohydrates	29 g	Protein	2 g
Fiber	1 g	Sugar	12 g
Cholesterol	14 mg	Sodium	70 mg
Vitamin A	159 IU	Vitamin C	0 mg
Calcium	20 mg	Iron	1 mg

## Directions

### Feed Sourdough Starter 2-12 Hours Before Starting Recipe

1. Place sourdough starter on a kitchen scale and add equal parts by weight of water and flour, about enough to double the amount of starter. If no scale available, add about 1/2 cup flour for every 1/4 cup water. Stir well, and let sit loosely covered for several hours. Once starter has doubled in volume, it's ready to use.

### Make Dough 12-14 Hours Before Making Cinnamon Rolls

1. In a large bowl mix together flour and salt. Stir in water and sourdough starter until a wet dough forms.

2. Cover bowl with a towel and allow to rest at room temperature about 12-14 hours until roughly doubled in size.

### Make Cinnamon Rolls

1. Spread a generous amount of flour onto a clean countertop. Pour the sourdough onto the counter, cover hands in flour, and begin to knead: stretch dough and fold in half, turn a half-turn and press the ball of hand firmly into the dough, then repeat this until the dough becomes firm and springs back when touched. Note: a lot more flour is needed during this step; continue to add flour to the counter as you knead to prevent it from sticking.

2. Add more flour to the countertop and use a rolling pin to roll dough into a large, rectangle about 1/2 inch thick.

3. Melt butter in the microwave for 30-60 seconds in a microwave-safe bowl and use a pastry brush or spoon to spread evenly across the dough.

4. Sprinkle brown sugar evenly across the dough, followed by a sprinkling of a tablespoon of cinnamon.

5. Add optional ingredients, spreading evenly across dough: raisins, chopped walnuts and pecans, or orange zest for a fun twist on traditional rolls.

6. Carefully roll dough into a tight spiral, then cut into 18 equal pieces: cut the roll in half first, then score each half to identify nine pieces before cutting. Make the rolls as evenly-sized as possible to ensure even baking.

7. Spray a 9×13-inch baking dish with cooking spray. Place cinnamon rolls gently into the dish laying on their cut side so you can see the swirl. It's okay if they're touching inside the dish; there doesn't need to be any space between the rolls.

## Directions

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8. Cover loosely with a towel and allow to rise another 2-4 hours in a warm area until plump.

### Bake Cinnamon Rolls

1. Heat oven to 350 degrees Fahrenheit. Cover rolls with aluminum foil and bake for 30-35 minutes.

2. Rolls are finished when they spring back when touched and filling is bubbling.

3. Serve rolls plain or top with cream cheese frosting if desired.

## Notes

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**Total time:** 24 hours

**Hands-on time:** 45 min | **Cook time:** 30-35 min

**Serving Size**

1 cinnamon roll

**Pro Tip**

Experiment with different types of filling for a variation on this recipe. Try white chocolate chips + dried cranberries; orange zest + chopped pecans; or rhubarb compote in place of half of the sugar.

**Cooking Equipment**

Large mixing bowl | Rolling pin | Chef's knife | 9x13-inch baking dish

**Leftovers**

Store in airtight container at room temperature up to 5 days, in the refrigerator for 7-10 days, or in the freezer for several months. Reheat in the microwave to serve.