

## Sourdough Cinnamon Roll Dough (using fresh-milled flour)

### **Dough Ingredients**

- 3½ cups (840 g) milk of choice – warm (95–105 °F)
- 1 cup (227 g) butter – melted or very soft
- 1 cup (200 g) cane sugar
- 1 cup (240 g) active sourdough starter (100% hydration)
- 9–10 cups (1080–1200 g) fresh-milled flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 Tbsp salt

### **Filling Ingredients**

- 1 cup butter, melted
- 1 c cane sugar
- 1 c brown sugar
- ¼ c ground cinnamon

### **Icing Ingredients**

- 2 tsp vanilla bean paste
- 1 tsp salt
- 1/2 stick butter, melted
- 1/4 cup milk
- 16oz powdered sugar

### **Instructions**

#### **Make the base dough**

1. In a large pot, melt the butter with the milk and sugar.
2. Let it cool to lukewarm (95–105°F) — warm enough to activate your starter but not hot enough to kill it.

3. Stir in the active sourdough starter.
4. Add about 8 cups of flour, mixing until a shaggy dough forms.
5. Cover and let it rest at room temperature for the first fermentation.

### **Bulk Fermentation (First Rise)**

- Let it rise 6–8 hours at room temp (70–75°F) or overnight (8–12 hours) in a cooler room (65°F).
- The dough should double in size, look bubbly, and feel pillowy.
- If your starter is mild or your kitchen is cool, give it extra time.

### **After the first rise, mix in:**

- 1–1½ more cups of flour (enough for a soft, workable dough),
- plus salt, baking soda, and baking powder.
- Knead until smooth but still slightly tacky.

### **Shape and Second Rise**

1. Roll out your dough, fill with cinnamon-sugar-butter filling, and roll up.
2. Slice and arrange in a greased pan.
3. Let rise, covered, for 2–4 hours, or until puffy and nearly doubled.
  - If you're prepping ahead, refrigerate overnight, then let warm up and rise in the morning before baking.

### **Bake**

- Bake at 350°F (175°C) for 25–30 minutes, until golden and set in the center.
- Frost as desired

### Optional Overnight Plan (for morning rolls)

1. Mix dough in the evening.
2. Let it rise overnight (cool room, 65°F).
3. In the morning, add the remaining ingredients, shape, and let rise 2–3 hours before baking.

## Adjustments for Fresh-Milled Flour

### 1. Hydration:

Fresh-milled flour is “thirstier” — it soaks up more liquid than store-bought AP.

- You’ll likely need to add  $\frac{1}{4}$ – $\frac{1}{2}$  cup (60–120 g) extra milk during mixing if the dough feels stiff.
- Aim for a soft, slightly tacky dough that still holds its shape.

### 2. Mixing:

- After adding the starter and initial 8 cups flour, let the dough autolyse (rest) 30–45 minutes before adding salt, soda, and baking powder.
- This rest helps whole-grain flour fully hydrate and makes the dough more elastic.

### 3. Fermentation:

- Bulk fermentation may finish 1–2 hours faster than with white flour. Watch the dough, not the clock — it should double and feel airy.
- Over-proofing will make it sour and weak.

### 4. Flavor note:

- If you prefer a milder, lighter roll, you can use 70% fresh-milled flour + 30% bread flour for balance.

### Rise & Bake (same as before)

1. First rise: 6–8 hours (or overnight) at room temp until doubled.
2. Add remaining ingredients and flour, knead to a soft, smooth dough.
3. Shape, fill, and roll into cinnamon rolls.
4. Second rise: 2–4 hours until puffy.
5. Bake: 350 °F (175 °C) for 25–30 minutes, until golden and set.