

That Sourdough Gal

<https://thatsourdoughgal.com/wildly-soft-sourdough-cinnamon-rolls-no-tang/#recipe>

Ingredients

Stiff Sweet Starter

- 25 g **sourdough starter** (*ideally, fed within the last day – needs to be healthy!*)
- 25 g **sugar** (*or honey*)
- 50 g **warm water**
- 100 g **fresh milled flour**

Tangzhong

- 35 g **fresh milled flour**
- 175 g **whole milk**

Main Dough

- **All of the stiff sweet starter**
- **All of the tangzhong**
- 80 g **whole milk**
- 100 g **cool water**
- 1 **egg**
- 5 g **vanilla extract**
- 25 g **sugar**
- 515 g **fresh milled flour**
- 3 g **cinnamon** (*optional*)
- 12 g **sea salt**
- 84 g **unsalted butter, softened**
- 85 g **half & half** (*for pouring over the rolls*)

Filling

- 142 g **unsalted butter, softened**
- 175 g **brown sugar**
- 16 g **cinnamon**

Cream Cheese Icing (Option 1)

- 28 g **unsalted butter, softened**
- 170 g **cream cheese, softened**
- 250 g **powdered sugar**
- 1 tsp **vanilla extract**
- 1 tsp **cinnamon** (*optional*)
- Pinch of **salt**

Maple Pecan Glaze (Option 2)

- 100 g **chopped pecans** (*optional*)
- 28 g **butter**
- 20 g **maple syrup**
- 100 g **powdered sugar**
- 5 g **vanilla extract**
- **Flaky sea salt** (*for finishing*)

Before You Begin

This is a 3-day process, so plan accordingly (See Notes)! Also, this recipe has two topping options: a classic cream cheese icing or a maple pecan glaze. Choose one (not both!).

Instructions

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Make the Stiff Sweet Starter

1. In the early evening (5-8pm), mix **25 g sourdough starter**, **25 g sugar**, **50 g warm water**, and **100 g bread flour** until it forms a ball. Knead outside of the jar to fully incorporate the ingredients. Cover loosely and let ferment in a warm place until morning. *See Notes for timing and tips.*



2. Set out your butter for the main dough so it's softened by morning.
3. *Note: You can make the tangzhong (see next step) right now and refrigerate it overnight, if preferred.*

Make the Tangzhong

1. In the morning, mix **35 g bread flour** and **175 g whole milk** in a microwave-safe bowl. Microwave in 30-second intervals, stirring between each, until thickened and reaches 150°F (65°C). For me, it usually takes 3-5 rounds to finish.



2. Let rest on the counter (or in the fridge) until the mixture has cooled down to below 80°F (26°C). If it's too hot, it can kill your starter or scramble the egg in the dough.

Make the Dough

1. In stand mixer bowl fitted with a dough hook, combine **All of the stiff sweet starter, All of the tangzhong, 100 g cool water, 80 g whole milk, 1 egg, 5 g vanilla extract, 25 g sugar, 515 g bread flour, 3 g cinnamon, and 12 g sea salt**. Mix on low 2-3 minutes until incorporated, then medium-low 7-15 minutes until smooth. *Note: Lower wattage stand mixers (250-325W) may need 15-20 minute rest breaks if they get hot. They may also take double or even triple the time estimates referenced here. You can finish with hand kneading if your machine isn't getting the job done. Higher wattage mixers (500-650W) typically don't need pauses and should get the job done in the times referenced here.*



2. Reduce to low speed and add **84 g unsalted butter, softened**, one pat at a time, waiting for incorporation between additions. Mix 2 minutes more until very smooth.



First Rise

1. Transfer your soft, smooth dough to a lightly oiled bowl, cover, and let rise in a warm place (75-85°F/24-29°C) until risen by about 30% and small bubbles appear around the sides of the bowl (3-6 hours).

2. Place the bowl of dough in the fridge until bedtime. Also, set out your stick of butter so it's ready to make your filling later!

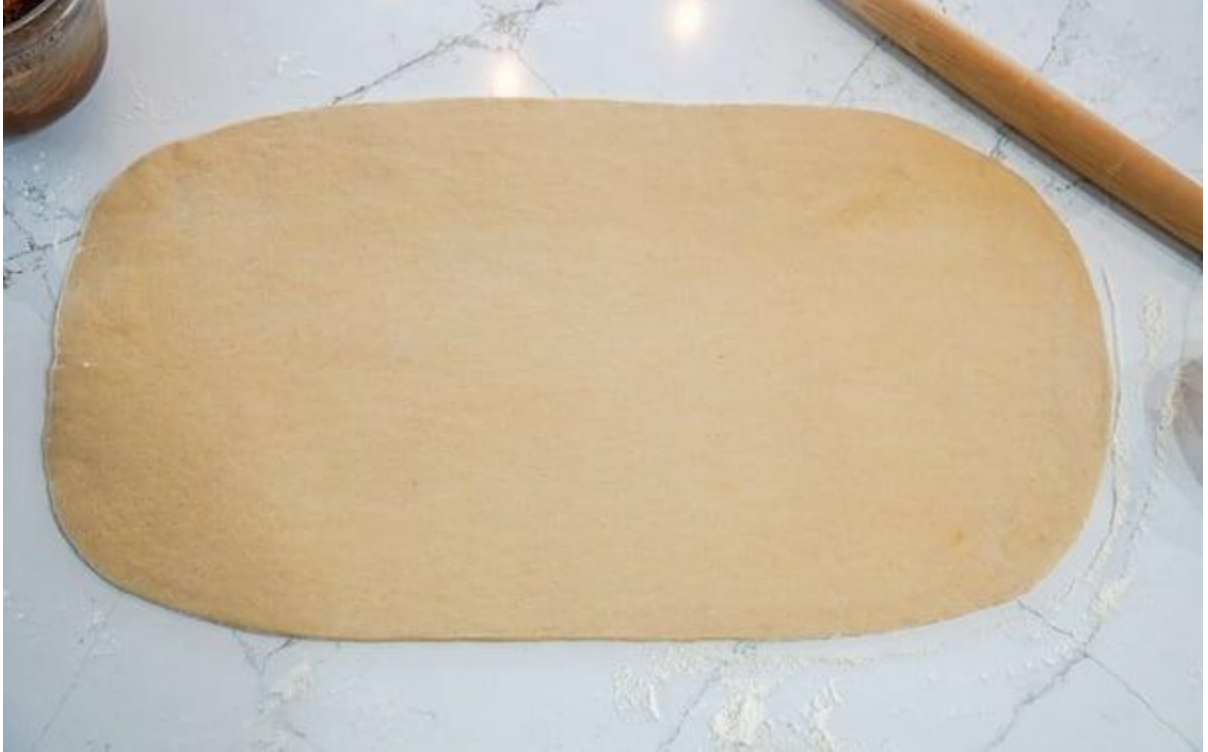
Shape the Rolls

1. Right before bed, pull your chilled dough out of the fridge. In a medium-sized bowl, whisk together your filling: **142 g unsalted butter, softened, 175 g brown sugar, and 16 g cinnamon.**

2. Generously flour your work surface and dump out the dough. Flour the top of your dough.



3. Roll into a rectangle that's about $\frac{1}{4}$ " thick. Aim for the width of the rectangle to be between 18-24". While you roll, lift the sheet of dough regularly to prevent sticking; push additional flour underneath with a bench scraper as needed.



4. Spread filling on dough with a spatula, leaving a 1-inch gap at top.



5. Use a pizza cutter or pastry wheel to cut the sheet in half.



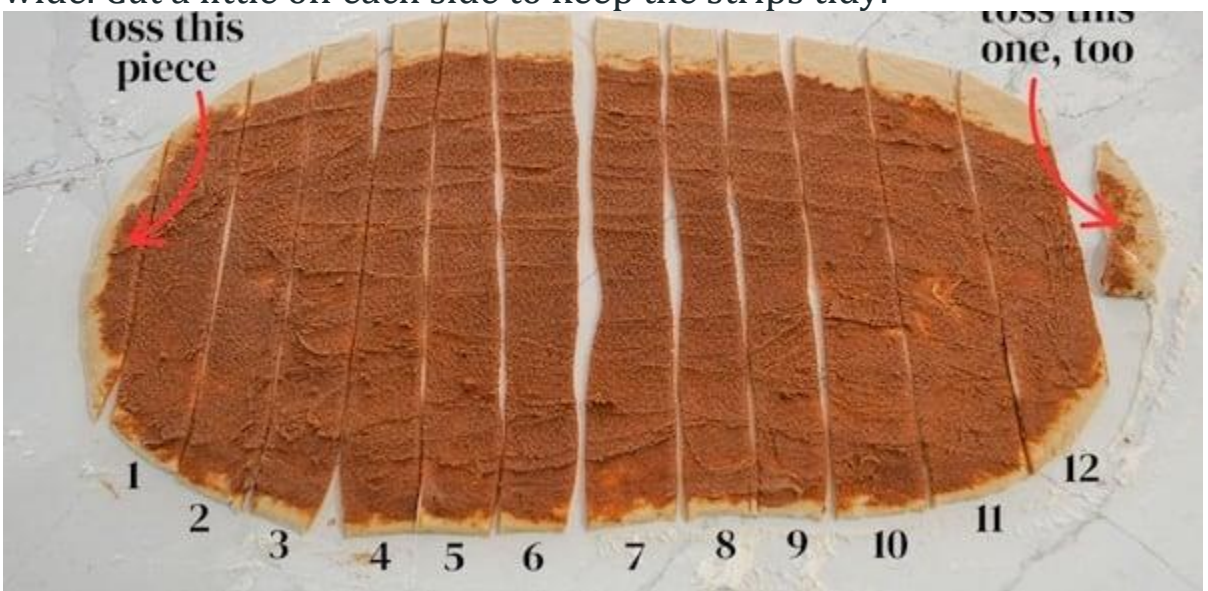
6. Then, cut each half in half again (to make four sheets).



7. Now, each sheet can be cut into three equal strips.



8. This will make a total of 12 cinnamon rolls that are ideally 1.5-2" wide. Cut a little off each side to keep the strips tidy.



9. Roll up your strips, brushing a little milk or cream along the top edge to help the dough seal to itself.



Second Rise

1. Place your cinnamon rolls in a greased baking pan, cover with plastic wrap, and let proof on the counter overnight. This worked great for me doing about 10 hours at 70-74°F (21-23°C). And honestly, I could have gone a little longer – there's wiggle room in the proofing time with these!

2. Try not to go above 77°F (25°C), or the butter may melt out of the rolls, puddling in the bottom of the pan. You also risk slight overproofing.
3. If making the cream cheese icing, set out your cream cheese and butter so they're softened by the morning.

Bake

1. In the morning, preheat your oven to 350°F (175°C). Pour **85 g half & half** over the cinnamon rolls and bake for 30-35 minutes, or until the internal temperature is around 195°F (90°C). Toward the end of baking, if rolls are getting too dark, tent with foil.

Icing or Glaze

1. While the rolls are baking, make your icing or glaze – there are **two options** to choose from! The first is a classic cream cheese icing, and the second is a maple pecan glaze.
2. **Icing (Option 1):** Whisk together **28 g unsalted butter, softened, 170 g cream cheese, softened, 1 tsp vanilla extract, and 1 tsp cinnamon**. Then, add **250 g powdered sugar** and a **Pinch of salt**.

Note: 59% of recipe testers loved the icing amount as written, while 37% would reduce it—28% by a quarter and 9% would cut it in half. Adjust accordingly.

- 3. Glaze (Option 2):** In a medium saucepan over medium heat, dry roast **100 g chopped pecans** for 3-4 minutes, or until fragrant. Remove and set aside. In the now-empty saucepan, add **28 g butter**. Brown the butter for 2-4 minutes, or until deep golden brown and very fragrant (will smell nutty). Take off heat and stir in **20 g maple syrup**, **100 g powdered sugar**, and **5 g vanilla extract**. Brush most of the glaze on the warm cinnamon rolls. Add the roasted pecans back to the pan, tossing them in the remaining glaze. Sprinkle candied pecans over cinnamon rolls. Top with **Flaky sea salt**.
- 4.** When the cinnamon rolls are finished, let cool for about 10 minutes before adding your icing or glaze. Enjoy!