Cinnamon Rolls

Nutrition Content per 100 g

	Control	WPC 34
Calories	400 kcal	400 kcal
Total Fat	21 g	21 g
Saturated Fat	13 g	13 g
Trans Fat	0.5 g	0.5 g
Cholesterol	100 mg	100 mg
Total Carbohydrates	49 g	49 g
Dietary Fiber	4 g	4 g
Sugars	23 g	23 g
Protein	5 g	5 g
Calcium	124 mg	111 mg
Magnesium	16 mg	15 mg
Phosphorus	86 mg	79 mg
Potassium	135 mg	110 mg
Sodium	250 mg	260 mg
Iron	2 mg	2mg
Vitamin A	734 IU	735 IU
Vitamin C	1 mg	0 mg

	Control		WPC 34	
Ingredients	**Grams**	**% Weight**	**Grams**	**% Weight**
Flour, all-purpose	454	23.86	454	23.86
Butter, unsalted, softened slightly	320	16.82	320	16.82
Water, ice (approximately)	300	15.76	300	15.76
Heavy cream	225	11.82	225	11.38
Sugar, brown	225	11.82	225	11.38
Sugar	110	5.78	110	5.78
Cinnamon, ground (cassia)	110	5.78	110	5.78
Egg, yolk	60	3.15	60	3.15
Sugar, white	45	2.36	45	2.36
Skimmed milk powder	30	1.58	-	-
Whey protein concentrate, 34% protein (WPC 34)	-	-	30	1.58
Salt	10	0.53	10	0.53
Yeast, fast rising	8	0.42	8	0.42
Vanilla extract	4	0.21	4	0.21
Lemon extract	2	0.11	2	0.11
Egg, for egg wash	as needed	as needed	as needed	as needed

Procedure

1. Combine all dry ingredients, except brown sugar, and egg yolks in a mixer bowl.
2. Add ice water and mix until dough is smooth and soft.
3. Cover and chill for approximately 60 minutes.
4. Pound butter to soften sufficiently.
5. Roll out dough into rectangle and lock in butter.
6. Give 3-4 turns, allowing a 15 minute resting period between turns.
7. Roll into rectangle 40 cm (16") wide and 3 mm (1/8") thick.
8. Mix sugar and cinnamon thoroughly. Brush rectangle with egg wash and sprinkle with cinnamon-sugar. Roll up and chill briefly.
9. Cut in 2.5 cm (1") slices to 85 g (3 oz) portions. Arrange cut side down on paper-lined sheet pan.
10. Proof at 29°C (85°F), 85% RH for approximately 30 minutes—until puffed and light.
11. Bake in 204°C (400°F) oven until firm in the center.
12. Make butterscotch glaze: bring heavy cream and brown sugar to a boil and cook approximately 5 minutes (to 107°C or 225°F).
13. Dip in glaze and allow to cool.

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