

Cinnamon Roll Knots a fun, culinary creation

By Susie Iventosch



Cinnamon Roll Knots

Photos Susie Iventosch

If you've never made cinnamon rolls, it's a fun project and super satisfying. These cinnamon knots, filled with plenty of brown sugar-cinnamon butter are not only ridiculously tasty but also beautiful and really, really fun to make. If you know how to braid, you can make these rolls. Goopy on the inside with

crispy strips of dough on the outside, they are the perfect pastry.

I use the basic roll dough from the 1976 version of Better Homes & Gardens New Cookbook, which really isn't very new at all as it turns out, but it's still just as good as it has always been. The only thing I changed was using butter in place of

shortening. We just never cook with shortening in our house, loving the taste of butter so much more.

Yeast doughs can be a little scary at first if you haven't made them, but if you follow the directions, you will be able to make this in a snap. I suggest picking up a candy thermometer, so you know the temperature of the milk when you add it to the yeast and flour. If it's not quite hot enough, it may not activate the yeast, but if it's too hot, it can kill the yeast too. You

want the milk to be in the 110-120 range, no cooler and no warmer. Aim for 115 F and you'll be in great shape!

Then it's just a matter of rolling out the dough into a large rectangle, spreading the brown sugar-cinnamon butter filling over the entire thing, folding the dough into thirds, cutting it, and braiding it. Oh, and you do need to exercise a little patience by allowing the dough to rise before creating your cinnamon knot masterpiece!



Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

Prep Time: 30-40 Minutes | Rising Time: | 2 hours in total | Makes 8 Rolls

Basic Roll Dough (based on the recipe from Better Homes & Gardens 1976 Edition)

Dough Ingredients

- 3 1/2 cups all-purpose flour
- 1 package active dry yeast (or 2 1/4 teaspoons)
- 1 1/4 cups milk
- 1/4 cup granulated sugar
- 1/4 cup butter
- 1 teaspoon salt
- 1 large egg
- 1 egg white for brushing on knots before baking them.

DIRECTIONS - Dough

Mix 1 1/2 cups flour and yeast in a large mixing bowl. Set aside. In a saucepan, heat milk, butter, sugar and salt until warm (110 to 120 F) and butter is melted, stirring constantly. Add milk mixture to dries along with the egg. Beat all at low speed for 30 seconds or so to moisten all dries. Then beat for 3 minutes at high speed. Stir the remaining flour into the dough by hand to form a soft dough. Dust your hands with a little flour and shape the dough into a ball. Place dough ball in a lightly greased or sprayed large bowl, turn dough once to grease the entire ball and then cover with a damp cloth or plastic wrap and leave in a warm spot in the kitchen (not in the oven) to rise until doubled in size. This will take about 1 to 1 1/2 hours.

Once the dough is doubled in size, punch down the dough to deflate slightly and let rest for 10 minutes.

Brown Sugar-Cinnamon Butter Filling (If you really love the filling, then make 1.5 times the recipe for extra cinnamon-goopy knots!)

- 4 oz. butter (equals 1/2 cup or 1 stick) at room temperature
 - 1 cup light brown sugar, packed
 - 2 tablespoons cinnamon
 - 1/2 teaspoon cardamom (optional, but we love this spice!)
- Mix all together well to incorporate butter, sugar and spices.

DIRECTIONS - Making the Cinnamon Knots

Line a baking sheet with 1-inch sides with parchment paper. (You want a tray with sides, so that the brown sugar-cinnamon butter does not spill over into your oven!) Sprinkle a cutting board or pastry cloth with flour. Roll the dough out into a large 14 x 18-inch rectangle on a floured cutting board or pastry cloth.

Spread cinnamon and brown sugar butter evenly over the entire rectangle. (See photo.)

Starting at the longer end, fold the dough into thirds, lapping one third over the center third and the last third over that to make a three-layer dough.

Cutting across the narrow side of the folded dough, cut the dough into 8 strips, roughly 2-inches wide per strip.

Starting at the end with the open fold, cut each dough strip into three strips, but DON'T cut through the top end of the dough. Leave about 3/4 to 1-inch whole at the top. (See photo.)

Now, starting at the solid end, begin braiding the dough strips all the way to the bottom.

Roll the dough up towards you and then keep rolling to the top of the braid to form a cinnamon knot.

Place each knot on the prepared baking sheet and let rise for about 30 minutes to poof up a little bit more.

Preheat oven to 325 F. Lightly brush the tops of the knots with the beaten egg white. Sprinkle the tops of the knots with pearl sugar, raw sugar, or cinnamon sugar.

Bake for 20-25 minutes or until rolls are just beginning to brown on top and the filling is beginning to bubble at the edges. Remove from oven and cool slightly before diving in! They are delicious warm or at room temperature. You can also freeze these rolls and reheat them at a later date.

Special equipment/ingredients needed:

- Candy thermometer
- Rolling pin
- Electric beater or standing mixer
- Baking sheet with 1/2 to 1-inch sides so the filling does not spill over into your oven
- Parchment paper
- Active Dry Yeast
- Cinnamon
- Cardamom (optional, but lovely and delicious)
- Flour
- Eggs
- Butter
- Brown Sugar





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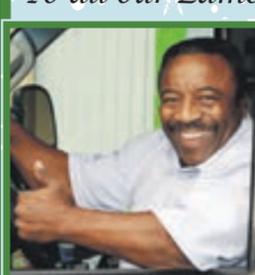
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Letters to the editor

Brace for it, Lafayette

Lafayette will be subject to 'Builder's Remedy' projects starting Feb. 1, 2024, which means that developers can submit housing projects literally of any size, anywhere in our city. Prior approved projects can also be revised (think The Terraces, Lafayette Lane, Madison Park, ...), ignoring our general plan and zoning. We have already heard from developers, and proposals are being readied now. We could get 20-story projects in the middle of single family neighborhoods, for example, like other cities across the state have experienced.

How did we get here? Lafayette is joining cities across the state who won't have a 'Certified Housing Element' by the Jan. 31, 2024, deadline. Despite working on our Housing

Element for 3 years, when Council was presented with the latest revision in October, we were already too late to avoid the Builder's Remedy penalty. Our housing consultant took 6 months to bring this revision, knowing that we would fail to meet the deadline. None of her other 3 cities (Danville, Belmont, and San Mateo) have certified housing elements. We also found out that our 'methodology' is NOT the same as Orinda's or Walnut Creek's, and both have certified housing elements. If Lafayette changed our methodology to be more standard, there would be

no 'upzoning' necessary in our downtown at all. And if we include the open space at DeSilva, HCD would not do a detailed review, increasing our chances of getting a 'Certified Housing Element'.

But the only solution to stop penalties like the Builder's Remedy is to support the Our Neighborhood Voices Initiative, a statewide constitutional amendment that will bring back local democracy to our cities, fighting the state's preemption of our local land use and zoning laws. With the 100+ laws passed, there is no way to 'un-do' all of them any-

more. Go to <https://ourneighborhood-voices.com/> and join our movement to restore local democracy so that both you and your City Council will have a say with what happens in our city and in your neighborhoods, like intended in our state's constitution.

Susan Candell
Lafayette City Council Member and Former Mayor
Proponent, Our Neighborhood Voices Initiative

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