

Cinnamon Rolls

From Connie Dahlke, California

Martha's Sticky Cinnamon Rolls* - makes one 8"x8" pan

Dough:

1 cup hot water (108? F)
1 1/2 cups whole wheat flour**
1 3/4 cups white flour**
1 Tbsp dry yeast
1/3 cup sugar
1/2 tsp salt
1 egg or 1/4 cup egg product
2 Tbsp oil
1/4 cup flour

Caramel Sauce:

3/4 cup brown sugar
1/2 cup chopped walnuts
approx 1/4 tsp cinnamon
1/3 cup milk or cream***

Heat water until comfortably hot. In medium bowl, mix together flours, yeast, sugar and salt. Add egg, oil and warm water and mix well. Knead five minutes, adding last amount of flour only as necessary -- dough should be quite soft. Let rise in warm place for 30-40 minutes until double in bulk. Punch down dough.

On floured surface, pat and stretch dough to size of jelly roll pan (about 11"x17"). Spray 8"x8" baking pan with pan-spray. Divide brown sugar between rolled dough and pan, sprinkling evenly. Divide chopped nuts between rolled dough and pan. Sprinkle dough with cinnamon. Drizzle milk/cream over sugar and nuts in pan.

Working from long edge, roll up dough as for cinnamon rolls. Cut into nine equal pieces, then place in pan on top of sugar and nut mixture. Let rise in warm place about 35 minutes, then bake in 350? F oven for 25-30 minutes or until rolls are golden brown on top. Turn upside down onto serving plate, scraping all caramel sauce onto the rolls. Serve warm or cold.

**for accurate amount, stir before measuring

*** your choice of fat content -- soymilk works also

*As made by Martha (Rott) Ringering b. 1901, daughter of Joseph Rott b. 1852 Gluckstal and Christina (Kessler) Rott b. 1861 Gluckstal, So. Russia. Recipe by Connie Dahlke.