



**COOKING CLASSES**

AT SUR LA TABLE

**PREP NOW, EAT LATER: CINNAMON  
ROLLS & PULL-APART WREATH**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Produce

- 1 lemon

## Dairy

- 4 large eggs
- 10 tablespoons unsalted butter
- 1/2 cup whole milk
- 1/4 cup heavy whipping cream

## Pantry Items

- Instant yeast
- Granulated sugar
- Light brown sugar
- Confectioners' sugar
- Honey
- All-purpose flour
- Fine kosher salt
- Ground cardamom
- Ground cinnamon
- Vegetable oil
- Raspberry jam

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife

## Hand Tools/Gadgets

- Mixing bowls (various sizes)
- Prep bowls (various sizes)
- Whisk
- Spatula
- Offset spatula
- Rolling pin
- Microplane or citrus zester
- Citrus juicer or citrus reamer
- Pastry brush
- Bench scraper (optional)

## Appliances

- Stand mixer with a dough hook

## Bakeware

- Rimmed baking sheet
- 8 x 8" square or 8" round baking dish
- 2" round cookie cutter or 2" wide drinking glass

## Other

- Plastic wrap
- Parchment paper
- Unflavored dental floss (optional)

## Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Yeasted Breakfast Dough**

1. Fully prepare the recipe, place it in an oiled bowl and refrigerate 24 hours before class. You can also make it the day of the class and proof it covered at room temperature 1 hour before class begins.
2. Preheat oven to 350°F.

### **From-Scratch Cinnamon Rolls**

1. Remove butter from the refrigerator 30 minutes before class begins.

**You will prepare the Yeasted Breakfast Dough before class and assemble your cinnamon rolls and raspberry pull-apart wreath during class. You will not be baking either recipe in class. You may bake both recipes immediately after class or freeze to bake at a later time.**

## YEASTED BREAKFAST DOUGH

**Yield:** 6 cinnamon rolls and a 7" pull-apart wreath

This slightly sweetened brioche is a versatile and delicious staple for breakfast baking. Use as your base in cinnamon rolls, braided brioche and decorative wreaths. One full recipe will make a dozen cinnamon rolls or two 7" pull apart wreaths.

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### **Dough:**

1 1/4 cup warm water (110° to 115°F)  
1 tablespoon instant yeast, such as Saf  
1 teaspoon granulated sugar  
3 large eggs  
1 tablespoon honey  
4 tablespoons unsalted butter, melted and cooled  
4 1/2 cups all-purpose flour, plus more if needed  
1 tablespoon fine kosher salt  
1 teaspoon ground cardamom (optional)  
1 teaspoon vegetable oil

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1. **To prepare dough:** To a small bowl, add warm water and sugar and stir to combine. Sprinkle yeast over water, cover with plastic wrap, and let stand until yeast is foamy and begins to release bubbles, about 5 minutes. Stir to dissolve, if necessary.
2. To a small bowl, add eggs, honey and butter; whisk together to combine. Add bloomed yeast water mixture into eggs and with a wooden spoon, stir to combine.
3. To a stand mixer fitted with a dough hook, add flour, salt and cardamom. Mix, on low speed briefly to combine. Turn mixer up to low speed and add yeast mixture. Once yeast mixture is incorporated, turn mixer up to medium speed. Continue to knead with dough hook until dough is smooth, elastic and dough comes together and pulls away from sides of bowl, about 5 minutes. Alternatively, you can knead dough by hand on a floured surface for about 10 minutes. If dough is sticky, add an additional 1/2 cup flour.
4. Remove dough from stand mixer bowl and on a lightly floured surface, form it into a smooth ball. To a large mixing bowl, add vegetable oil and using your hands, spread oil to evenly grease bowl.
5. **To proof the dough:** Add dough to bowl, cover with plastic wrap and let rise at room temperature for 1 to 1 1/2 hours, or until doubled in bulk.

### **Recipe variations:**

- **For a cold-proof:** Place dough in a greased bowl, cover and hold in the refrigerator overnight.

## FROM-SCRATCH CINNAMON ROLLS

**Yield:** 6 large rolls

This recipe easily doubles to make cinnamon rolls for a crowd or bake enough to freeze and thaw for an anytime treat.

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*1/2 recipe yeasted breakfast dough, up through the first proof (recipe included)*

### **Filling:**

*1/3 cup firmly packed light brown sugar  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon fine kosher salt  
1/4 cup (1/2 stick) unsalted butter, softened*

### **Frosting:**

*2 tablespoons unsalted butter, room temperature  
2 cups confectioners' sugar  
1/8 teaspoon fine kosher salt  
3 to 4 tablespoons whole milk*

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Lightly grease an 8 x 8" pan or an 8" round cake pan.

1. **To prepare filling:** To a small bowl, whisk together brown sugar, cinnamon and salt; set aside.
2. **To assemble rolls:** On a lightly floured work surface, roll the dough into an 8 x 9" rectangle. Using an offset spatula, spread dough evenly with softened butter. Sprinkle butter evenly with cinnamon-sugar mixture.
3. Starting with one long side, gently roll dough into a log, pinching edge to seal and resting log on seam.
4. Using a sharp knife or unflavored dental floss, cut log into 6, 1 1/2" pieces. Transfer rolls to prepared pan and arrange roll cut side up.
5. **To proof rolls:** Loosely cover pan with plastic wrap and let rolls rise at room temperature until nearly doubled, about 45 minutes to 1 hour.
6. Preheat oven to 350°F.
7. **To bake rolls:** Remove plastic wrap and transfer proofed rolls to preheated oven. Bake until rolls are golden brown, 25 to 30 minutes, rotating pan back to front after 15

minutes. Remove rolls from oven, and cool for at least 20 minutes before frosting.

8. **To prepare frosting:** To a medium bowl, whisk frosting ingredients, using enough milk to make a soft, spreadable frosting. Using an offset spatula, spread frosting evenly over rolls.

9. Serve immediately.

**Recipe variations:**

- Add 1/4 cup of toasted and finely chopped pecans or walnuts to filling before rolling.
- **To bake the next morning:** Cover sliced rolls with plastic wrap in prepared baking dish and proof in refrigerator overnight. In the morning, following baking instructions above.
- **To freeze:** Wrap prepared and un-proofed log in several layers of plastic wrap and freeze for up to 2 months. 24 hours before baking, fully defrost log in refrigerator. Slice, proof and bake following instructions above.

## RASPBERRY CARDAMOM SNOWFLAKE PULL-APART WREATH

**Yield:** 1, 7" wreath

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*1/2 recipe yeasted breakfast dough (recipe included)*

### **Raspberry filling:**

*1/3 cup raspberry jam*

*1/4 teaspoon ground cardamom*

*Zest from 1/2 lemon*

*Pinch of fine kosher salt*

### **Glaze:**

*1/4 cup heavy whipping cream*

*Zest from 1/2 lemon*

*1/2 teaspoon lemon juice*

*1/4 cup confectioners' sugar*

*Pinch of fine kosher salt*

*1 egg and 1 tablespoon whole milk or heavy cream, whisked, for egg wash*

*Confectioners' sugar for dusting (optional)*

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Line a rimmed baking sheet with parchment paper.

- 1. To prepare filling:** To a small bowl, whisk together all ingredients until combined. Set aside.
- 2. To shape wreath:** Line a 1/2 sheet pan with parchment paper. On a lightly floured work surface, press air out of proofed dough by gently flattening it with your hands. Shape dough into a square. Cut dough evenly into 4 pieces and form each piece into a smooth ball. Dust tops of each ball with a scant amount of flour. With a rolling pin, roll each ball into a 7" circle. Transfer 1 circle of dough to prepared sheet pan. Portion 1/3 of filling into center of dough circle. Using an offset spatula or the back of a spoon, spread entire surface of dough with an even layer of filling, leaving a 1/2" border. Repeat with 2 more layers and remaining filling. Top with final dough circle.
- 3.** Gently place a 2" wide drinking glass or round cookie cutter in center of your dough as a guide. Using a sharp knife cut dough into 4 equal triangles. Do not cut through center. Cut each triangle into 4 equal pieces for a total of 16 triangles. Remove glass or round cookie cutter. Lift edges of 2 adjacent wedges and twist them away from each other twice. Pinch ends together to seal. Repeat with remaining wedges.
- 4. To proof the wreath:** Cover shaped wreath with butter or oil greased plastic wrap and let rise 45 minutes.

5. Preheat oven to 350°F.

6. **To prepare glaze:** To a small bowl, whisk together all ingredients until smooth. Set aside.

7. **To bake wreath:** Remove plastic wrap and brush entire surface of wreath with egg wash. Bake for 30 minutes, rotating sheet pan from back to front after 15 minutes. Bake until wreath is a rich golden brown.

8. Allow wreath to cool for 5 minutes. Pour glaze over entire wreath or dust with confectioners' sugar. Serve warm or at room temperature.

**Recipe variations:**

- Swap cardamom in filling with cinnamon or nutmeg.
- Swap the raspberry filling with 1/3 cup chocolate hazelnut spread.
- **To bake the next morning:** Cover wreath with plastic wrap and proof in refrigerator overnight. In the morning, following baking instructions above.
- **To freeze the wreath:** You must have ample space in your freezer so that the wreath doesn't get bumped or misshapen. Wrap un-proofed wreath in several layers of plastic wrap and freeze on a flat sheet pan. The wreath can be kept in the freezer for up to 2 months. When ready to bake, defrost wreath in the refrigerator overnight or at room temperature and follow instructions starting at step 4.