



**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. Please reach out for substitution suggestions.

## Produce

- 1 lemon

## Dairy

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

## Pantry Items

- Instant yeast
- Granulated sugar
- Light brown sugar
- Confectioner's 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

- Sheet pan
- 8 x 8 or 8-inch round baking dish

## Other

- Plastic wrap
- Parchment paper
- 2-inch wide drinking glass or 2-inch round cookie cutter

## **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.
2. Lightly grease 8" x 8" pan
3. Preheat oven to 350°F

### **Raspberry Cardamom Snowflake Pull Apart Wreath**

1. Line baking sheet with parchment

**You will prepare all recipes 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-inch 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-inch 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 eggs

1 tablespoon honey

4 tablespoons unsalted butter, melted and cooled

4 1/2 cups unbleached 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 the dough:** To a small bowl, add the warm water and sugar and stir to combine. Sprinkle the yeast over the water, cover with plastic wrap, and let stand until the yeast is foamy and begins to release bubbles, about 5 minutes. Stir to dissolve, if necessary.
2. To a small bowl, add the eggs, honey and butter and whisk together to combine. Add the bloomed yeast water mixture into the eggs and with a wooden spoon, stir to combine.
3. To a stand mixer fitted with a dough hook, combine the flour, salt and cardamom; mix on stir briefly to combine. Turn the mixer up to low speed and add the yeast mixture. Once the yeast mixture is incorporated, turn the mixer up to medium speed. Continue to knead with the dough hook until the dough is smooth, elastic and the dough comes together and pulls away from the sides of the bowl, about 5 minutes. Alternatively, you can knead the dough by hand on a floured surface for about 10 minutes. If the dough is sticky add an additional 1/2 cup of flour.
4. Remove the dough from the stand mixer bowl and on a lightly floured surface, form it into a smooth ball. To a large mixing bowl, add the vegetable oil and, using your hand, spread the oil to evenly grease the bowl.
5. **To proof the dough:** Add the dough to the 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. Preheat oven to 350°F.

1. **To prepare the filling:** In a small bowl, add the brown sugar, cinnamon and salt, whisk together and set aside.
2. **To assemble the rolls:** To a lightly floured surface, place the dough. Using a rolling pin, roll the dough into an 8" x 9" rectangle. Using an offset spatula, spread the butter evenly across the dough and sprinkle with the cinnamon-sugar mixture.
3. Starting with a long side, gently roll the dough into a log, pinching the edge to seal and resting the log on its seam.
4. Cut the log into 6, 1 1/2-inch pieces and transfer the rolls to the prepared pan, arranging the rolls cut side up.
5. **To proof the rolls:** Loosely cover the pan with plastic wrap and let the rolls rise at room temperature until nearly doubled, about 45 minutes to 1 hour.
6. **To bake the rolls:** Remove the plastic wrap and transfer the proofed rolls to a preheated oven. Bake for 25 to 30 minutes until the rolls are golden brown, rotating the pan back to front after 15 minutes. Remove the rolls from the oven, and cool for at least 20 minutes before frosting.

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

8. Serve immediately or store well-wrapped at room temperature.

**Recipe variations:**

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

## RASPBERRY CARDAMOM SNOWFLAKE PULL-APART WREATH

**Yield:** 1, 7-inch 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 cream*

*Zest from 1/2 lemon*

*1/2 teaspoon lemon juice*

*1/4 cup confectioners' sugar*

*Pinch of fine kosher salt*

### **Egg wash:**

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

*Confectioners' sugar for dusting (optional)*

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Line a baking sheet with parchment paper and preheat oven to 350°F.

- 1. To make the filling:** To a small bowl add all filling ingredients and whisk until combined, set aside.
- 2. To shape the wreath:** To a lightly floured work surface, place the dough and press the air out while gently flattening it with your hands into a square. Using a bench scraper, cut the dough evenly into 4 pieces and form each piece into a ball. Dust the tops of each ball with a scant amount of flour. Using a rolling pin, roll each ball into a 7-inch circle. Transfer 1 circle of dough to the prepared baking sheet. Top dough with 1/3 of the filling into the center of the circle. Using an offset spatula, spread the entire surface of the dough with an even layer of filling, leaving a 1/2" border. Place another dough round on top and repeat with the filling and continue with third layer and the remaining filling. Top with the final dough circle.
- 3.** Place a 2-inch wide drinking glass or round cookie cutter in the center of your dough as a guide. Using a sharp knife cut the dough into 4 equal triangles, while not cutting through the center. Cut each triangle into 4 equal pieces for a total of 16 triangles. Remove the glass or cookie cutter. Lift



the edges of 2 adjacent wedges and twist them away from each other twice. Pinch the ends together to seal. Repeat with the remaining wedges.

4. **To proof the wreath:** Cover the shaped wreath with greased plastic wrap and let rise 45 minutes.

5. **To prepare the glaze:** To a small bowl add glaze ingredients and whisk together until smooth. Set aside.

6. Remove the plastic wrap and with a pastry brush, brush the entire surface of the wreath with egg wash. Transfer baking sheet to pre heated oven and bake for 30 minutes, rotating the baking sheet halfway through, until rich golden brown.

7. Allow the wreath to cool for 5 minutes, then top with glaze. 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 the wreath with plastic wrap and proof in the refrigerator overnight. In the morning, following the 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.