

Cinnamon Buns

This fluffy potato dough is the perfect way to wrap up sweet buttery brown sugar and cinnamon. Prepare the dough ahead the night before and then bake the cinnamon buns the next morning for a brunch or when guests are over for coffee.

8 oz (250 g) long white Ontario potatoes, peeled and cubed

3 tbsp (45 mL) granulated sugar

2 tbsp (25 mL) active dry yeast

1/2 cup (125 mL) warm water

1/3 cup (75 mL) butter, melted

1/2 tsp (2 mL) salt

2 eggs

3 cups (750mL) all purpose flour (approx)

Cinnamon Sugar Filling:

1/3 cup (75 mL) butter, very soft

1 cup (250 mL) packed brown sugar

1 tbsp (15 mL) cinnamon

Cream Cheese Icing:

1/2 cup (125 mL) cream cheese, softened

2 tbsp (25 mL) butter, softened

3/4 cup (175 mL) icing sugar

3 tbsp (45 mL) whipping (35 %) cream

In saucepan, cover potatoes with water and bring to boil. Boil for 15 minutes or until tender. Drain and return to saucepan, add all but 1/2 tsp (2 mL) of the sugar into potatoes and mash. Let cool completely.

Meanwhile, in large bowl, dissolve remaining sugar in water. Sprinkle with yeast and let stand for about 10 minutes or until frothy. Whisk in butter and cooled potato mixture, salt and eggs. Stir in 2 3/4 cups (675 mL) of the flour to form sticky dough. Turn out onto floured surface and knead in remaining flour for about 5 minutes or until smooth. Place in greased bowl, cover and let rise for about 1 hour or until doubled in bulk. Punch down dough.

Cinnamon Sugar Filling: In small bowl, combine sugar and cinnamon; set aside. Roll dough on floured surface to 14 x 20 inches (35 x 50 cm). Spread dough with butter and sprinkle with sugar filling. Starting at long side roll up tightly and pinch seam to close. Using serrated knife, cut into 12 pieces and place in parchment paper lined 13 x 9 inch (3 L) pan. Cover and let rise for 30 minutes or until doubled. Bake in 375 F (190 C) oven for about 30 minutes or until golden. Let cool slightly.

Cream cheese Icing: In bowl, using electric hand mixer, beat cream cheese and butter together until smooth. Beat in icing sugar and whipping cream until creamy. Spread over cinnamon buns before serving.

Tip: You can omit the cream cheese icing and simply whisk together icing sugar and 1/4 cup (50 mL) whipping cream until smooth and drizzle over the cinnamon buns.

Per serving: 410 calories, 6 g protein, 18 g fat, 56 g carbohydrates, 2 g fibre, 230 mg sodium, 230 mg potassium

Source of Vitamins B1, B2 and B3, Source of Folate, Source of Iron

