

Single Serve Cinnamon Roll*

By Joy Wilson

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Prep time: 40 minutes

Cook time: 18 minutes

Total time: about 1 hour

Yield: 1 perfect roll

“DESCRIPTION A recipe for one very delicious, doughy cinnamon roll for one. You can absolutely double the recipe and make two fine rolls.”

For the dough:

1/2 cup (64 grams) all-purpose flour

2 teaspoons granulated sugar

1/8 teaspoon baking powder

1/4 teaspoon instant (RapidRise) yeast

A good pinch of salt

2 teaspoons vegetable oil or any neutral oil you prefer

2 1/2 tablespoons milk (cow's milk or any kind of nut or oat milk)

For the filling:

1–2 tablespoons softened butter (salted or unsalted, it's up to you)

3 tablespoons lightly packed brown sugar

1/2–3/4 teaspoon ground cinnamon (just sprinkle it on generously until you're pleased)

A pinch of salt if you used unsalted butter

For the glaze:

1 ounce (about a 1/2-inch slice off a cream cheese block) softened cream cheese

A few big spoonfuls of powdered sugar

A splash of vanilla extract

A pinch of salt

A tiny splash of milk, if necessary

INSTRUCTIONS

1. Place a rack in the upper third of the oven and preheat oven to 350 degrees F. Spray a 1-cup oven-safe ramekin with nonstick cooking spray (or smear with softened butter) and set aside. To figure out the side of your ramekin, fill a measuring cup with 1 cup of water and pour the water into the ramekin. A 1-cup ramekin will be filled to the absolute brim. Use an oven-safe vessel as close to 1-cup as you have.
2. In a small bowl whisk together flour, sugar, baking powder, yeast, and a pinch of salt. In a small measuring cup whisk together oil and milk and heat in the microwave until just warm to the touch (somewhere between 105- and 110-degrees F).
3. Stir the wet ingredients into the dry and use a spatula to incorporate well until the ingredients gather into a cohesive ball. Lightly sprinkle the counter with flour and

knead the small dough ball for 20-30 turns. Lightly cover with a clean kitchen towel and allow to sit for 10 minutes.

4. Roll the dough to 1/4-inch thickness into a 9-inch-tall x 6-inch-wide rectangle (though mine is always more like an oval). You won't need too much flour on the counter because you want the dough to stick to the counter just a bit to hold its shape.
5. Smear with butter. Sprinkle with brown sugar. Sprinkle with cinnamon and maybe a sprinkle of salt. Use a large knife to slice the dough into 3 strips (about 2-inches each). Roll the first strip into a relatively tight coil. Place that coil on the second strip and roll again. Place that coil on the third strip and roll into a generous cinnamon roll. Place in the prepared ramekin, cover loosely with a towel and place near the oven as it heats. Allow to rest for 20-30 minutes until puffed.
6. Bake for 16-18 minutes until golden and bubbling. While the roll bakes, whisk together the glaze. (I zap the cream cheese in the microwave for a few seconds to super soften it.) Add cream cheese, vanilla, salt, and a tiny splash of milk to get the right consistency.
7. Remove roll from the oven. Allow to rest for 5 minutes before using a butterknife or large spoon to scoop the hot, hot roll from the ramekin. Smear with glaze and wow, enjoy immediately.
8. Note: You can absolutely double this recipe successfully. Split the dough in two before rolling and coiling and do so separately.

*If you click on the hyperlink, Joy's recipe has links to automatically scale up the recipe from one to three times.