

UBC CINNAMON BUNS (A LEGEND IN ITS TIME)

In 1954, a Hungarian Baker named Mrs. Grace Hasz was transferred from the Fort Camp Dining Room to Brock hall where she produced UBC's first Cinnamon Bun. The daily production of Cinnamon Buns has gone from 2 dozen, when Mrs. Hasz began, to 120 dozen, which are produced today. One bite and you're hooked!

100mL	milk (use just water or an alternate milk if avoiding dairy)
20mL	margarine
20mL	sugar
4mL	salt
5mL	sugar
100mL	warm water
10mL	active dry yeast
500-600mL	all-purpose flour

Day 1:

1. In a small bowl, dissolve 5mL sugar in the warm water. Sprinkle yeast over mixture. Stir and set aside for 5-10 min, or until yeast is foamy.
2. Scald milk or heat water to just a simmer. Stir in margarine, the 20mL sugar, and salt. Cool to lukewarm.
3. In a large mixing bowl, pour in liquid mixture. Stir in dissolved yeast. Add 1 cup of flour and beat well for 2 minutes.
4. With a wooden spoon, gradually add enough of the remaining flour to make a soft dough (will not need all the flour).
5. Turn dough out onto a lightly floured surface and knead until smooth and elastic, adding extra flour if needed (the dough needs to be soft, not stiff). Lightly rub surface of dough with oil, then place in a bag and refrigerate overnight.

This can be done the same day. If you are doing it the same day, you can keep the dough in an oiled bowl and cover with a tea towel or plastic wrap and let rise in a warm place until double in size, approx. 1 hour. Continue with Day 2 below.

Day 2:

40mL	margarine, melted
40mL	brown sugar
40mL	sugar
10mL	cinnamon

1. Lightly grease a square cake pan.
2. Allow dough to come to room temperature, 1-2 hours (or if doing the same day, once doubled in size). Roll dough into a rectangle.
3. Spread margarine on dough. Sprinkle sugar and cinnamon over top.

4. Roll dough like a jellyroll. Cut into 9 equal pieces. Place slices in pan and cover with a tea towel.
5. Let dough rise in a warm oven (place a container of boiling water in the oven) for 15 mins. Or if you have time, it can rise at room temperature until double in size, approx. 1 hour.
6. Preheat oven to 350°F. Bake cinnamon buns for 25-30 minutes, or until golden brown. Immediately remove from cake pan.