Cinnamon Roll Dumplings

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Recipe by: Laura Vitale

Makes 20

Prep Time: 2 hours 25 minutes
Cook Time: 30 minutes

Ingredients

For the Dough:
__3 cups All-purpose Flour
__1/3 cup of Granulated Sugar
__1 cup Whole Milk
__2 1/2 Tbsp Unsalted Butter
__2 1/2 tsp Instant Yeast
__1/2 tsp Salt
__1 Large egg

For the Cinnamon Sugar Coating:
__1 cup Brown Sugar
__2 1/2 tsp Ground Cinnamon
__8 Tbsp Unsalted Butter, melted

For Baking:
__1/2 cup of Heavy Cream
__Butter, for greasing the baking dish

For the Cream Cheese Frosting:
__8 oz Cream cheese, softened
__1-1/2 cups Powdered sugar
__1 tsp Vanilla Extract
__1/2 tsp Salt
__1/2 tsp Fresh Lemon Juice



1) In a microwave safe measuring cup, combine the milk and butter and heat just until the butter melts and the mixture is warm but not hot, ideally around 100 to 110°F.

2) In the bowl of a standing mixer fitted with a dough hook, add the flour, sugar, yeast, salt, egg and warm milk mixture, then knead on medium-low speed for about 3 to 5 minutes until a smooth, soft dough forms (add a couple more Tbsps of flour if it needs it). Place in a lightly greased bowl, cover and allow to rise until doubled in size, about 1-1/2 to 2 hours.

3) In a shallow bowl, combine the brown sugar and cinnamon. In a separate bowl, melt the butter and lightly butter a 9x13 inch baking dish.

4) Once the dough has risen, divide it into 20 equal pieces and roll each one into a smooth ball. Dip each ball into the melted butter, then roll generously in the cinnamon-sugar mixture, arranging them in the prepared baking dish in 4 rows of 5.

5) Cover loosely and allow to rise for about 45 to 60 minutes, until noticeably puffy. Meanwhile, preheat the oven to 350°F.

6) Once risen, gently press a small dimple into the center of each dumpling, then pour the heavy cream evenly over the top.

7) Bake for about 25 to 30 minutes, or until golden brown, fluffy and cooked through in the center. If the tops begin browning too quickly, loosely tent with foil.

8) Meanwhile, in the bowl of a standing mixer fitted with a paddle attachment, beat the softened cream cheese, powdered sugar, vanilla and salt for about 7 minutes until light, fluffy and smooth, then add the lemon juice and mix just until incorporated.

9) Allow the dumplings to cool for about 10 minutes, then dollop some of the cream cheese frosting all over the top. Let it sit for a few minutes so the warmth gently softens the frosting, then spread it evenly over the dumplings and serve warm with any remaining frosting on the side.