



Tuck Shop Cinnamon Buns

This version of the original recipe was adapted for home kitchens by Joyce Kerr, former U of A food services manager, and published in *New Trail* in 1982.

Soften 2 packages instant yeast
OR (not both) 1 oz Fleischmann's fresh yeast
In ½ cup warm water
And 2 tbsp sugar

Let this mixture set until the yeast is dissolved (about 10 minutes).

In a large bowl put 2 cups boiling water
Add 3 tbsp margarine
2 tsp salt
And 3 tbsp sugar

Let the margarine melt and the mixture cool a bit.

Then add 2 cups all-purpose flour

Beat this mixture hard until very smooth and creamy (about 5 minutes).

Then add softened yeast mixture
3 eggs
And ¾ cups more flour

Continue beating until dough is very smooth. (It should be a very soft dough.) Cover and let stand in a warm place to rise until the dough is doubled in bulk (about 1 hour).

While the dough is rising:

In a flat pan melt ½ cup margarine

Set aside to cool.

In a flat dish, mix 1 cup white sugar
And 1½ tsp cinnamon

Turn the raised dough onto a lightly floured work surface. Let the dough set 5 to 10 minutes to "firm up." Cut the dough into pieces about the size of an orange. Dip each piece of dough first into the melted margarine, then coat it well in the cinnamon-sugar mixture. Stretch the dough piece until it is 4 to 5 inches long and form it into a simple knot.

Place the knots side by side in a 9" x 12" x 2" pan. (Be sure the pan is 2" deep and allow a 3" square for each bun.) Let the finished buns rise for about 45 minutes. Bake at 375 F for 30 minutes. This recipe makes 18 good-sized buns.

Note: An electric mixer is needed for this recipe as it requires a lot of beating. If the dough is too soft to handle, add a bit more flour. However, the less flour used the better the buns will be.