U of A Tuck Shop Cinnamon Buns

A staple at the Tuck Shop and later in CAB, this recipe is a version developed by the Tuck Shop’s own Mrs. Kerr for use in home kitchens. Happy baking!

- Soften 2 packages instant yeast or (not both) 1 oz. Fleishmann’s fresh yeast in 1/2 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, 3 Tbsp. sugar.

- Let the margarine melt and the mixture cool a bit, and then add 2 cups All Purpose flour.

- Beat this mixture hard until very smooth and creamy (about 5 minutes), then add the softened yeast mixture, 3 eggs and 3 1/4 cups more flour.

- Continue beating until the 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.)

- When dough is rising:
  - In a flat pan melt 1/3 cup margarine, set aside to cool.
  - In a flat dish mix 1 cup white sugar and 1 1/2 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 12 good-sized buns.

N.B. 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.