



Bread Machine & Baking Videos with Ellen Hoffman

Ellen's Gluten Free Ooey Goey Cinnamon Rolls

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As this recipe, is a bit complicated due to the nature of gluten free baking, please watch the video!

Please use the Dough setting on your Bread Machine, stopping it as soon as the kneading stops and the Rise is starting.

You will NOT use the Gluten Free setting on your Bread Machine for this recipe.

If you have a Zojirushi Virtuoso Plus, set it for Course 11.

From time you press START, set a timer for 28 minutes to check consistency of the dough. That is 23 minutes rest and 5 minutes of kneading. If your bread machine does not have a rest, this will take less time. Please make sure you have watched the video to see what the dough should look like! This is very important.

Timing of this recipe on my bread machine is 44 minutes. That is 23 minutes rest, plus 5 more minutes to check the dough at 28 minutes. After that, you'll let it kneed until the 44-minute mark. That is approximately 16 minutes after you check the dough. Time with your machine in your kitchen may vary. The important thing is that you check the dough five minutes into kneading, scrape down the sides with a soft spatula, and stop the bread machine when kneading finishes and rise is starting. ***You will not let it rise in the bread machine!***

Ingredients for Dough:

- 330g Half and Half (or Whole Fat milk)
- 22g Grapeseed oil (any neutral oil will do)
- 30g honey



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- 12g Apple Cider Vinegar
 - Splash of vanilla extract
 - 513g Caputo Fioreglut Gluten Free Flour*
 - 30g granulated sugar
 - 8g salt
 - 40g butter
 - 8g SAF Instant Yeast, Gold label for sweeter doughs
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- For filling:
 - 2 sticks salted butter or one brick Kerrygold salted butter, softened
 - 130g granulated sugar
 - 3-6 or more g of cinnamon (to your taste)
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- For Glaze: you'll need a small bowl or liquid measuring cup with powdered sugar (watch the video!), a splash of vanilla, and either milk or water. Whisk with a mini whisk until smooth and drizzle over. You can choose another type of glaze or frosting if you like.

Put ingredients into your bread machine in the order of your bread machine's instructions.

Set for DOUGH!. (DO NOT USE GLUTEN FREE SETTING!!!!)

You will have to set several timers. If your machine has a rest at the beginning to prewarm ingredients, add that many minutes plus 5 minutes of kneading. Check the dough as I do in the video. It may not



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look like it will come together at 2-3 minutes but by 5-7 minutes, you should have a beautiful dough ball!

You will really have to hang out in your kitchen. Do not leave the dough in the bread machine to rise!

When the dough has finished kneading (my Zo V+ time was 44 minutes) take it out. On a lightly gluten free floured counter, roll the dough out as I show in the video. Do not make it too thin or too thick. Be gentle with this dough!

Generously slather the softened butter all over the dough. Sprinkle on the cinnamon sugar and roll up gently. Cut into 8 parts or smaller if you want smaller rolls. You may want to flour the bench scraper.

Place the cut rolls in a greased pan of your choice.

Set your oven to Proof and set a timer for one hour. If you do not have a Proof setting, turn your oven on to the lowest possible temperature for **ONLY ONE MINUTE** and turn the oven off. Do not walk away! **SET A TIMER**. You do not want that oven to be hot and you do not want it to preheat all the way to 170!

Place in slightly warmed oven (important to watch video where I show this) and set a timer for one hour. At the end of one hour your rolls should have doubled in size.

Take them out of the oven, apply egg wash, heat oven to 350 degrees.

Put the cinnamon rolls in to bake and set a timer for 20 minutes. They probably won't be done yet, but they may have browned enough that



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you'll want to tent with foil. Bake until internal temperature reaches 200 degrees.

Link to flour: <https://a.co/d/4QoAqij>

Ingredients of Caputo Fioreglut : Gluten free wheat starch, dextrose, maize starch, buckwheat flour, rice starch, psyllium seed fiber, thickener guar, flavoring.

You may find the flour less expensive at your local Italian Market.

Thermometer: <https://a.co/d/exzVmF7>