

Cinnamon Star Bread

Ingredients

Dough:

450g strong plain flour
70g sugar
1tbsp. (8g) fast-acting dried yeast
Pinch of salt
30g very soft butter
2 egg yolks
180ml warm milk
1 egg white

Cinnamon Filling:

100g soft butter
100g brown sugar
4tsp cinnamon
(or to taste)

Method

1. Put the dry ingredients into a large bowl, then add the butter and rub in. Stir in the egg yolks and mix the ingredients together, until you get a slightly crumbled texture.
2. Add half of the warm milk and mix with a palette knife. Add half of the remaining milk and mix well. Add more milk, a little at a time, to form a dough.
3. Knead the dough for 15 minutes, until the dough is smooth and springy. Cover the bowl with plastic cling film and let the dough rise for about 1 to 1 1/2 hours (it should double in size).
4. In the meantime, prepare the filling by mixing the sugar with the cinnamon. Add the softened butter and mix until combined. You can taste the mixture at this stage, to see if you need more cinnamon.
5. After proving, knead the dough again for 1 minute and then divide into 4 equal sized pieces.
6. Now follow the instructions overleaf, to make the Cinnamon Star.

Variations:

You could use chocolate spread instead of cinnamon butter. You could make a savoury version, using Pesto or Garlic Butter.



1. Divide proved dough into 4 even sized pieces. Roll out into circles, slightly larger than the size of a dinner plate and place on greaseproof paper. The dough should be about 2-3mm thick.
2. Take a large plate and press onto the dough. Remove the plate & cover the marked area with a thin layer of cinnamon filling.
3. Place the second layer of dough on top of the first one, then cover with the cinnamon filling again. Repeat again with the third circle.
4. Put the last layer of dough on top. Cut away any excess dough with a sharp knife.
5. Place a small glass in the centre of the dough and divide the dough into quarters (make sure you leave the centre intact!) Then divide the quarters in half again. Then in half again, to end up with 16 equal sections.
6. Take 2 sections of the circle, lift them up and twist them twice around in the opposite direction and lay them down. Repeat until you have twisted all of the sections. Take each pair and pinch the ends together or tuck them under neatly.
7. Glaze with egg white and bake at 180°C for 15 to 20 minutes, until golden brown.