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Semi-Finalist



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Grandma W's (or Grandma Eva's) Cinnamon Rolls

Recipe Number: 51

Prep time: Varies

Cook time: 18-25 minutes

Oven temp 275° and 325°



INGREDIENTS:

Rolls:

yeast & water
sugar
eggs
milk
butter
flour
cinnamon

Frosting:

cream, milk or half-&-half
butter
powdered sugar
vanilla

DIRECTIONS:

These are very precise and written verbatim from my Grandmother Eva, born in 1898 as I watched and help her make these rolls when I was in the 6th grade. What distinguishes her recipe are three things: her measurements – they are not our “standard” measurements; her method and the baking temperatures and time. These are what makes her recipe special. The recipe instructions are detailed and variable. This is the truncated version below:

Proof yeast and water. Scald milk. Let cool, stir in sugar, butter and then eggs. Gently fold in yeast. Begin adding flour, just a little at a time. Stir and knead in the bowl, greasing the bowl as you go. Let proof in a warm place one hour or so. Turn out in a mass on counter. It will be soft and puffy. Work into a rectangle, make indentations with fingers. Spread with butter, then cinnamon and sugar. Work into the dough with fingers. Roll the dough, cut and leave in big doughy slices to place in greased jelly-roll pan. Bake 375 degrees 10 minutes, then 325 or 350 or as your oven is for another 11-15. Frost with your favorite vanilla frosting.

STORY:

I have several treasures from my Grandma Eva – and her cinnamon roll recipe, exactly as she gave it to me word-for-word is one of them. Grandma Eva made the best cinnamon rolls ever – which we always enjoyed Sunday after church. Since I loved to cook and bake from an early age, I was determined to ask Grandma to teach me exactly how she made these wonderful rolls. When I was in the sixth grade, one day she showed me precisely how to make them – I made them as she instructed me and I wrote down every step word for word. I can still remember the day and envision us working together as she taught me.

The instructions are very precise and written verbatim. Grandma Eva (or Grandma W. as we called her) was born in 1898. I thought it would be important to my family to have this legacy of our grandma preserved in one of her most notable and appreciated recipes.

What distinguishes her recipe are three things: her measurements – they are not our “standard” measurements; her method of making the rolls; and the baking temperatures and time. These are what makes her recipe special. The recipe instructions themselves are detailed and variable. Humidity, temperature and drafts affect the outcome; if one is experienced with yeast breads and rolls, one quickly learns how to create the right environment for consistency's sake and how the dough should be for a perfect batch of rolls.

Thank you for this generous opportunity! For anyone who loves their family, who had a loving grandma to teach them, who loves their family recipes, who loves to cook or bake, and who desires to preserve and pass on a family legacy, this is a wonderful opportunity and a wonderful recipe to share with my extended family all over Nebraska and with other families, too....

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