# cast iron cinnamon rolls

## Family Chef: Nick Sloan

#### Ingredients:

* 1 package yeast
* 1/2 c warm water
* 1 c sugar, divided
* 1/2 c scalded milk
* 1/3 c melted butter
* 1 tsp salt
* 1 egg
* 3 1/2 cs of flour
* 2 tbsp cinnamon
* 3/4 c broken pecans
* 1/2 c melted butter
* 1 1/2 c powdered sugar
* 1 tsp vanilla bean paste (it’s ok to use regular vanilla extract)
* 2 tbsp whole milk
* 2 tbsp bourbon
* 4 tbsp melted butter

#### Instructions:

1. Add yeast to warm water.
2. In a large bowl, mix milk, 1/4 cup sugar, 1/3 cup melted butter, salt, and egg.
3. Add 2 cups flour and mix until smooth.
4. Add yeast mixture then the remaining flour.
5. Knead on a lightly floured surface for five to 10 minutes then let rise for 1 1/2 hours until doubled.
6. When doubled, punch down dough. Roll out on floured surface into 15 by 9 inch rectangle.
7. In a small bowl combine sugar, butter, pecans, and cinnamon. Spread over the surface of the dough.
8. From the long edge, roll up dough and pinch edges to seal. Cut into 12 to 15 slices.
9. Coat the bottom of the cast iron pan with butter and sprinkle with sugar.
10. Place rolls close in the pan and let rise until double, about 45 minutes.
11. Bake at 350° for 20 to 25 minutes or until browned.
12. Mix 4 tablespoons butter, bourbon, powder sugar, and vanilla. Add one tablespoon milk at a time until desired consistency. Spread over rolls.