Quick Cinnamon Buns with Buttermilk Glaze

By Jennifer Segal, recipe adapted and modified from Cook's Illustrated

Servings: Makes 9 Buns

Ingredients

For the Cinnamon Buns

* 7 tablespoons unsalted butter, melted
* 2/3 cup dark brown sugar, packed
* 5 tablespoons granulated sugar
* 2 teaspoons ground cinnamon
* 1/8 teaspoon ground cloves
* 1/8 teaspoon plus 1/2 teaspoon salt
* 3 cups unbleached all-purpose flour, spooned into measuring cup and leveled off with knife, plus more for dusting work surface
* 1-1/4 teaspoons baking powder
* 1/2 teaspoon baking soda
* 1-1/4 cups low fat buttermilk

For the Glaze

* 1-1/2 tablespoons cream cheese
* 2 tablespoons low fat buttermilk
* 3/4 cup confectioners' sugar

Instructions

1. Adjust oven rack to middle position and preheat oven to 425 degrees. Line a 9-inch square cake pan with aluminum foil and brush with one tablespoon butter.
2. Combine the brown sugar, 3 tablespoons granulated sugar, cinnamon, cloves and 1/8 teaspoon salt in a small bowl. Add one tablespoon melted butter and stir with a fork or fingers until the mixture resembles wet sand. Set aside.
3. In a large bowl, whisk together the flour, remaining 2 tablespoons sugar, baking powder, baking soda and 1/2 teaspoon salt. Add 3 tablespoons of the melted butter and buttermilk to the dry ingredients and stir with a wooden spoon until the liquid is absorbed (the dough will be sticky and look shaggy), about 30 seconds. Transfer the dough to a lightly floured work surface. Knead, lightly dusting more flour as necessary, until just smooth and no longer shaggy, about 30 seconds.
4. Lightly dust the surface again. Pat the dough into a small rectangle, then roll into a 12-inch x 9-inch rectangle, dusting more flour sparingly if necessary so the dough doesn't stick to the rolling pin. Brush the dough with 1 tablespoon of melted butter. Sprinkle the dough evenly with the brown sugar filling, leaving a 1/2-inch border. Using your hand, press the filling firmly into the dough. Starting at the long side, roll the dough, pressing lightly, to form a tight log. (If the dough sticks to the surface, use a sharp knife or dough scraper to release it.) Pinch the seam to seal. Roll the log seam-side down and, using a serrated knife, cut it evenly into 9 pieces. Turn the pieces over on their flat sides, and slightly flatten each piece with your hand to seal the open edges and keep the filling in place. Place the rolls in prepared pan and brush with remaining tablespoon of butter. Bake until the edges are golden brown, 23-25 minutes.
5. Meanwhile, make the glaze. In a medium bowl, whisk together the cream cheese and buttermilk until thick and smooth (the mixture will look like cottage cheese at first). Add the confectioners' sugar and whisk until smooth glaze forms.
6. When the buns are done, use the foil overhang to lift them out of the baking pan and onto a wire rack. Let cool for 5 minutes, then carefully separate the buns, using a knife if necessary. Drizzle the glaze evenly over the buns. Serve warm out of the oven, or store in airtight container and reheat.

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