VANILLAGOODS BAKING ACADEMY · DOUGHNUTS & SWEET DOUGHS

Course workbook

Cinnamon Rolls & Sticky Buns

Soft dough, gooey centers



Beginner · 5 video lessons · 49 minutes of video · Notes, quizzes and a practice log

By the end you'll be able to

- Mix and proof a soft enriched dough
- Roll, fill and slice even rolls
- Make sticky buns and cream cheese icing

Inside

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Lesson videos by I Cook And Paint, Preppy Kitchen, Bincy Chris, Crouton Crackerjacks and Cooking with Karli, watched on YouTube from the course page.

This workbook belongs to _____

Free course: **vanillagoods.com/pages/baking-course/cinnamon-rolls**

November 2026

START HERE

How to use this workbook

This workbook goes with the free video course **Cinnamon Rolls & Sticky Buns** on vanillagoods.com. Watch each lesson there, then use these pages to keep what you learned and to track what you have practised.

1

Watch

Open the lesson page and watch the creator's video. Jot quick notes on the lined space as you go.

2

Read and tick

Read the VanillaGoods notes, then tick each key point once you can explain it in your own words.

3

Check and practise

Answer the three questions, compare with the answer key on page 13, then log your bake.

Your lesson plan

	LESSON	VIDEO	WATCHED	QUIZ	PRACTISED
1	**Cinnamon roll dough** Video by I Cook And Paint	6 min	☐	☐	☐
2	**Filling and rolling** Video by Preppy Kitchen	12 min	☐	☐	☐
3	**Overnight proofing** Video by Bincy Chris	12 min	☐	☐	☐
4	**Sticky buns** Video by Crouton Crackerjacks	15 min	☐	☐	☐
5	**Icings and glazes** Video by Cooking with Karli	4 min	☐	☐	☐

Tools you'll see

Stand mixer · Instant-read thermometer · Mixing bowls · Kitchen scale · Rolling pin · 9×13 baking dish · Offset spatula · Bench scraper · Folding proofer · Oven thermometer · Saucepan · Half-sheet pan · Hand mixer · Sifter · Balloon whisk

Any brand works. The lessons show what each tool is for.

Keep track online too

On each lesson page, "Mark complete" saves your progress in your browser, with no account. Finish every lesson and the course page lets you print a free certificate of completion.

Cinnamon roll dough

Video by **I Cook And Paint**: *"Super Soft & Fluffy Cinnamon Rolls Recipe"*

vanillagoods.com/pages/baking-lesson/cinnamon-rolls-1-cinnamon-roll-dough

The soft, enriched dough behind fluffy cinnamon rolls: warm milk, enough kneading, a slightly sticky feel and a full first rise.

Key points

- [ ] Milk, butter, sugar and egg make the dough soft and tender
- [ ] Warm the milk to about 100–110°F (38–43°C)
- [ ] A slightly sticky dough bakes into softer rolls

An enriched dough

Cinnamon roll dough is bread dough with milk, butter, sugar and egg added. Those ingredients tenderize the crumb and slow the yeast a little, so the dough takes longer to rise than a lean dough and bakes up soft instead of chewy.

Step by step

- Warm the milk to about 100–110°F (38–43°C); much hotter can kill the yeast
- Mix the milk, yeast, sugar, egg, soft butter, flour and salt
- Knead 8–10 minutes in a mixer, until smooth, elastic and slightly tacky
- Let the dough rise, covered, until doubled, about 1 to 1 1/2 hours in a warm spot
- Press it down gently and roll it out on a lightly floured counter

Watch for

The most common mistake is adding flour until the dough stops sticking. A dough that clears the bowl but still feels a little tacky gives soft rolls; a dry dough gives bready ones. All-purpose flour makes a softer roll, bread flour a chewier one.

TOOLS IN THIS LESSON: Stand mixer · Instant-read thermometer · Mixing bowls · Kitchen scale

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 What temperature should the milk be?

- (A) About 100–110°F (38–43°C)
- (B) Boiling
- (C) Straight from the fridge

2 What should the kneaded dough feel like?

- (A) Dry and stiff
- (B) Wet like batter
- (C) Smooth, elastic and slightly tacky

3 What is the most common mistake with this dough?

- (A) Kneading too little salt in
- (B) Adding too much flour
- (C) Using too much milk

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
	☆ ☆ ☆ ☆ ☆

WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Filling and rolling

Video by **Preppy Kitchen**: *"The BEST Cinnamon Rolls Recipe"*

vanillagoods.com/pages/baking-lesson/cinnamon-rolls-2-filling-and-rolling

Fill, roll and cut cinnamon rolls so every one has an even swirl: a true rectangle, soft butter, a snug roll and a clean cut.

Key points

- [ ] Spread very soft butter, not melted butter
- [ ] Roll up from the long side, snug but not stretched
- [ ] Cut with unflavored dental floss for clean spirals

The rectangle

Roll the dough into an even rectangle with square corners, about 1/4 inch (6 mm) thick. For a dozen rolls, about 12 by 18 inches works well. Even thickness means even rolls; a thick middle gives a few fat rolls and thin ones at the ends.

Step by step

- Spread very soft butter over the dough, leaving 1/2 inch bare along the far long edge
- Sprinkle the brown sugar and cinnamon evenly and press them in lightly
- Roll up from the long side nearest you, keeping the roll snug
- Pinch the bare edge to the log to seal it
- Mark the log into equal pieces, then cut with floss or a serrated knife

Watch for

Melted butter runs out of the rolls and takes the sugar with it; soft butter stays in the swirl. To cut with floss, slide it under the log, cross the ends over the top and pull. It slices straight through without squashing the spiral. Set the rolls cut side up with a little space between them.

TOOLS IN THIS LESSON: Rolling pin · 9×13 baking dish · Offset spatula · Bench scraper

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 Why use soft butter instead of melted butter?

- (A) Soft butter tastes sweeter
- (B) Melted butter runs out and takes the sugar with it
- (C) Melted butter makes the dough rise too fast

2 What is the cleanest way to cut the log?

- (A) With unflavored dental floss
- (B) With a spoon
- (C) By pulling pieces off

3 Why leave one long edge bare?

- (A) To save filling
- (B) To make the roll shorter
- (C) So the edge can be pinched to seal the log

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Overnight proofing

Video by **Bincy Chris**: *"The Best Overnight Cinnamon Rolls Recipe | Make the Easiest Cinnamon Rolls for Breakfast!"*

vanillagoods.com/pages/baking-lesson/cinnamon-rolls-3-overnight-proofing

Shape the rolls the night before and bake them fresh in the morning: how the cold rise works and how to tell when they are ready.

Key points

- [ ] Shaped rolls can rest in the fridge 8–18 hours
- [ ] Let them warm up and turn puffy before baking
- [ ] The center roll should reach about 190°F (88°C)

How the cold rise works

Cold slows yeast without stopping it. Shaped rolls kept in the fridge rise slowly overnight and develop more flavor. In the morning they only need time to warm up and finish rising.

Step by step

- Shape and cut the rolls and set them in a greased pan
- Cover the pan tightly so the dough does not dry out
- Refrigerate 8–18 hours
- In the morning, leave the pan at room temperature 45–90 minutes, until the rolls are puffy and touching
- Bake at 350–375°F (175–190°C) for 20–28 minutes, until golden

Watch for

Press a roll gently with a fingertip: if the dent springs back slowly, they are ready to bake. Rolls baked cold and under-risen come out dense with a doughy center. Check the middle roll, the last to cook; it should reach about 190°F (88°C). Unbaked shaped rolls can also be frozen and thawed overnight in the fridge.

TOOLS IN THIS LESSON: 9×13 baking dish · Instant-read thermometer · Folding proofer · Oven thermometer

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 What does the fridge do to the dough?

- (A) It kills the yeast
- (B) It bakes the rolls slowly
- (C) It slows the yeast so the rolls rise slowly overnight

2 How do you know the rolls are ready to bake in the morning?

- (A) They are still cold and firm
- (B) They are puffy, touching, and a dent springs back slowly
- (C) They have collapsed

3 What should the center roll's temperature be when done?

- (A) About 190°F (88°C)
- (B) About 120°F (49°C)
- (C) About 300°F (150°C)

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Sticky buns

Video by **Crouton Crackerjacks**: *"Caramel Pecan Cinnamon Rolls!! Homemade Sticky Buns Recipe"*
vanillagoods.com/pages/baking-lesson/cinnamon-rolls-4-sticky-buns

Sticky buns bake on a layer of caramel and pecans and are flipped out of the pan while hot, so the topping becomes the glaze.

Key points

- [ ] The caramel topping goes into the pan first
- [ ] Bake on a rimmed sheet to catch bubbling caramel
- [ ] Flip the pan after about 5 minutes, while the caramel is hot

How they differ from cinnamon rolls

Sticky buns use the same dough and swirl as cinnamon rolls. The difference is underneath: a caramel made from butter, brown sugar, honey or syrup and a little cream is poured into the pan, pecans are scattered over it and the rolls bake on top.

Step by step

- Warm the butter, brown sugar, honey or syrup, cream and salt until smooth and pour into the pan
- Scatter toasted pecans over the caramel
- Arrange the cut rolls on top and let them rise until puffy
- Set the pan on a rimmed baking sheet and bake at 350–375°F (175–190°C) for 30–40 minutes
- Rest 5 minutes, then turn out onto a platter and scrape any topping left in the pan over the buns

Watch for

Timing the flip matters. Too soon and the caramel runs everywhere; too late and it hardens and holds the buns in the pan. Hot caramel burns badly, so use oven mitts and turn the pan away from you. If the buns brown before the centers are baked, tent them with foil.

TOOLS IN THIS LESSON: 9×13 baking dish · Saucepan · Half-sheet pan · Rolling pin

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 What goes into the pan before the rolls?

- (A) The caramel topping and pecans
- (B) A layer of flour
- (C) Cream cheese icing

2 When should sticky buns be turned out?

- (A) When completely cold
- (B) After about 5 minutes, while the caramel is hot
- (C) The next day

3 Why bake the pan on a rimmed baking sheet?

- (A) To brown the tops faster
- (B) To keep the buns soft
- (C) To catch caramel that bubbles over

Practice log

Practice is where the lesson sticks. Note what you made and what you would do differently.

WHAT I MADE	DATE AND HOW IT WENT
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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

Icings and glazes

Video by **Cooking with Karli**: *"How to Make The Best Cinnamon Roll Icing (No Cream Cheese!!)| Homemade Cinnamon Roll Icing"*

vanillagoods.com/pages/baking-lesson/cinnamon-rolls-5-icings-and-glazes

Cream cheese icing and a simple vanilla glaze for cinnamon rolls, and how timing changes the way each one sets.

Key points

- [ ] Icing on hot rolls melts into the swirls
- [ ] Icing on warm rolls stays thick on top
- [ ] Add liquid a teaspoon at a time; glaze thins quickly

Two classics

- Cream cheese icing: soft cream cheese and butter beaten with powdered sugar, vanilla and a pinch of salt
- Vanilla glaze: about 1 cup powdered sugar with 1–2 tablespoons milk or cream and vanilla
- Sift the powdered sugar so there are no lumps
- To thin, add milk a teaspoon at a time; to thicken, add more sugar
- Brown butter, maple, coffee and orange zest all work as variations

When to ice

Spread on rolls 5 minutes out of the oven, the icing melts down into the spirals and soaks in. Spread after 15–20 minutes, it stays as a thick layer on top. Many bakers do both: half while hot, the rest once the rolls have cooled a little.

VanillaGoods tip

With so few ingredients, the vanilla is what makes an icing taste finished. A pure extract or the seeds from a bean make a difference you can taste. Rolls topped with cream cheese icing should be refrigerated if they will sit out longer than a couple of hours.

TOOLS IN THIS LESSON: Hand mixer · Sifter · Offset spatula · Balloon whisk

NOTES WHILE YOU WATCH

✓ Check yourself

Three quick questions from this lesson. Mark your answers, then compare with the answer key on page 13.

1 What happens when you ice rolls 5 minutes out of the oven?

- (A) The icing hardens at once
- (B) The icing melts down into the swirls
- (C) The rolls collapse

2 How do you thin a glaze safely?

- (A) Pour in half a cup of milk
- (B) Heat it until it boils
- (C) Add milk a teaspoon at a time

3 Why sift the powdered sugar?

- (A) To remove lumps
- (B) To make it sweeter
- (C) To add air to the rolls

Practice log

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WHAT I MADE	DATE AND HOW IT WENT
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WHAT WENT WELL

WHAT I'D CHANGE NEXT TIME

ANSWER KEY

Check your answers

One correct answer per question. If you missed one, the note explains why, and the lesson page has the full notes and the video.

1. Cinnamon roll dough

1 **A** Warm milk wakes the yeast up; much hotter can kill it.
2 **C** A slightly tacky dough holds more moisture and bakes into softer rolls.
3 **B** Flour added until the dough stops sticking makes the rolls dry and bready.

2. Filling and rolling

1 **B** Soft butter stays in the swirl; melted butter leaks into the pan.
2 **A** Floss crossed over the log and pulled tight slices through without squashing the spiral.
3 **C** Dough sticks to dough, so a bare edge seals the roll shut.

3. Overnight proofing

1 **C** Cold slows fermentation without stopping it, and the slow rise adds flavor.
2 **B** A slow spring-back shows the dough has risen enough but still has strength.
3 **A** The middle roll cooks last; about 190°F means it is baked through.

4. Sticky buns

1 **A** The buns bake on the caramel, which becomes the glaze when the pan is flipped.
2 **B** A short rest thickens the caramel slightly; if it cools, it hardens in the pan.
3 **C** The caramel boils as it bakes and can spill over the edge of the pan.

5. Icings and glazes

1 **B** On hot rolls the icing melts and soaks into the spirals.
2 **C** Powdered sugar glaze thins very quickly, so add liquid in small amounts.
3 **A** Lumps of powdered sugar do not beat out easily, so sifting gives a smooth icing.

WHEN YOU'VE FINISHED

Three things to do next

1

Mark each lesson complete

The "Mark complete" button on every lesson page saves your progress in your browser. No account, nothing to sign up for.

2

Print your certificate

Once all 5 lessons are marked complete, the course page prints a free certificate of completion with your name on it. It records what you finished; it is not an accredited qualification.

3

Bake it

Practice with VanillaGoods recipes that use what this course teaches.

vanillagoods.com/pages/recipes?q=cinnamon%20rolls

NEXT ON THE LEARNING PATH

Bread Baking 101

Beginner · Kneading, fermentation, shaping

vanillagoods.com/pages/baking-course/bread-baking-101

Free guide for this course: "Overnight roll schedule", A timeline for mixing tonight and baking fresh in the morning. Get it from the course page.

Baking with real vanilla? VanillaGoods keeps Madagascar, Uganda and Tahiti vanilla in stock, along with coffee and tea, at vanillagoods.com.

✧ Key points from every lesson

1. Cinnamon roll dough

- Milk, butter, sugar and egg make the dough soft and tender
- Warm the milk to about 100–110°F (38–43°C)
- A slightly sticky dough bakes into softer rolls

2. Filling and rolling

- Spread very soft butter, not melted butter
- Roll up from the long side, snug but not stretched
- Cut with unflavored dental floss for clean spirals

3. Overnight proofing

- Shaped rolls can rest in the fridge 8–18 hours
- Let them warm up and turn puffy before baking
- The center roll should reach about 190°F (88°C)

4. Sticky buns

- The caramel topping goes into the pan first
- Bake on a rimmed sheet to catch bubbling caramel
- Flip the pan after about 5 minutes, while the caramel is hot

5. Icings and glazes

- Icing on hot rolls melts into the swirls
- Icing on warm rolls stays thick on top
- Add liquid a teaspoon at a time; glaze thins quickly

The lesson videos are by independent creators (I Cook And Paint, Preppy Kitchen, Bincy Chris, Crouton Crackerjacks and Cooking with Karli) and play in YouTube's own player on the lesson pages; this workbook links to them and copies nothing. Notes, key points, questions and this workbook are written by VanillaGoods for home bakers.

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