



Dec 13: St. Lucy

Lucy was a young girl who brought food to the persecuted Christians hiding in the catacombs in Rome during the persecution of Diocletian. To be able to carry the food and see in the dark, she wore candles on her head. Today, it is tradition that the oldest daughter in the family wears a white dress and red sash, and a crown of candles and greenery to bring Lucia Buns, traditionally made with saffron, to her family. There are many ways to live liturgically and honor these traditions. An easy way would be to celebrate is with store bought cinnamon rolls, or you can try these homemade cinnamon rolls!

St. Lucy Cinnamon Rolls

Dough

- 1 packet yeast
- 1 cup lukewarm milk
- ½ cup granulated sugar
- ⅓ cup softened butter
- 1 teaspoon salt
- 2 eggs
- 4 cups all-purpose flour



Filling

- 1 cup brown sugar (packed)
- 3 tablespoons cinnamon (ground)
- ½ cup butter

Cream Cheese Icing

- 1 stick softened butter
- 3 cups powdered sugar
- 1 block softened cream cheese
- 1 teaspoon vanilla extract
- Pinch salt

- Dissolve the yeast in the warm milk with a teaspoon of sugar in a large bowl. Let it sit for about 5 minutes. The yeast should begin to froth up.
- To the bowl of your mixer (or large bowl if kneading by hand) add the sugar, butter, salt, eggs, and flour. Next, pour in the yeast mixture and knead 5-10 minutes until well kneaded and dough springs back when poked.

- Place the dough into an oiled bowl, cover and let rise in a warm place about 1 hour or until the dough has doubled in size.
- Grease a 9×13 inch baking dish with cooking spray or butter. Combine the filling, softened butter, brown sugar, and cinnamon in a bowl.
- Roll the dough out on a lightly floured surface, until it is approximately 16 inches long by 12 inches wide. It should be approximately ¼ inch in thickness. Spread the filling evenly over the dough.
- Working carefully, from the long edge, roll the dough down to the bottom of the other edge tightly. It should look like a long log when you are done rolling. Cut the roll into 1½ inch slices.
- Place the cut rolls in the prepared pan. Cover with a clean kitchen towel or plastic wrap and let them rise for another 30 minutes, or until doubled in size.
- Preheat oven to 350°F.
- Place the baking pan in the oven and bake for 20-25 minutes or until golden brown. Cooking time may vary.
- While the rolls are baking prepare the icing by combining all the icing ingredients in a large bowl and beating with an electric mixer until fluffy and smooth.
- When the rolls are done and cooled slightly, spread generously with icing.
- Happy St. Lucy Day!

Recipe from Cari Reagan,
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