

# Homemade Cruffins (Croissant-Dough Muffins with Cinnamon-Sugar)

Prep: Not specified (includes multiple chills and two rises) • Cook: 25–28 minutes

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*Buttery, flaky croissant dough is laminated, spiraled, and baked in a muffin pan, then rolled in cinnamon-sugar for a crisp, caramel-kissed exterior and tender, airy layers within. A bakery-style, egg-free pastry that rewards time and patience with extraordinary texture and aroma.*

## Ingredients

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- whole milk
- yeast
- granulated sugar
- salt
- unsalted European-style butter (softened but cool for lamination)
- all-purpose flour (plus 1 Tbsp beaten into the lamination butter)
- as needed cinnamon-sugar (for sprinkling and coating)
- as needed nonstick spray or butter (for greasing the muffin pan)
- as needed Nutella (optional) (for filling)
- as needed jam, lemon curd, or pastry cream (optional) (for filling)

## Instructions

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1. Make the dough: In a mixing bowl (stand mixer with dough hook optional), combine milk, yeast, sugar, salt, butter, and all-purpose flour to form a soft dough. Knead until smooth and elastic.
2. First rise: Cover and let the dough rise for about 2 hours, until nearly doubled in size.
3. Punch down and initial roll: Gently deflate the dough and roll into a 10×14-inch rectangle on a lightly floured silicone baking mat or parchment.
4. Chill: Transfer the mat to a baking sheet, cover, and refrigerate for 20 minutes.
5. Prepare lamination butter: Beat the softened butter with 1 tablespoon flour until smooth and pliable (but still cool, about 60–64°F/15–18°C).
6. 1st lamination: Spread the butter down the middle third of the dough, leaving a 1/2-inch border at the top and bottom. Fold like a letter to enclose the butter; pinch the short ends to seal. Turn 90°, lightly flour, roll to 9×12 inches, fold in thirds, cover, and refrigerate 20 minutes.
7. 2nd lamination: Place the dough horizontally, roll to 9×12 inches, fold in thirds; turn 90°, roll to 9×12 inches again, fold in thirds. Cover and refrigerate 20 minutes.
8. 3rd lamination: Repeat the rolling to 9×12 inches and folding in thirds twice more as in the 2nd lamination. Cover and refrigerate 20 minutes.

9. Divide: Cut the chilled dough into 3 equal portions (about 300–340 g each).
10. Roll portions: Working with one portion at a time, roll to 8×12 inches. If it shrinks, set aside to rest while you roll the next portion; then return and roll again to 8×12 inches as needed.
11. Cinnamon-sugar: Generously sprinkle the surface of each 8×12 rectangle with cinnamon-sugar.
12. Cut strips: With a pizza cutter or sharp knife, cut the sheet into 1-inch-wide strips.
13. Form spirals: Stack 3 strips, then roll them up into a spiral (like a cinnamon roll). Place in a greased muffin pan well. Repeat to make 4 cruffins per portion; repeat with remaining dough to yield 12 total.
14. Second rise: Lightly cover and let rise for 1 hour.
15. Bake: Bake for 25–28 minutes, until golden and the internal temperature reaches about 200°F (93°C).
16. Cool and coat: Cool in the pan about 10 minutes. While still warm, roll each cruffin in remaining cinnamon-sugar (make extra if desired).
17. Optional filling: Using a piping bag fitted with a long, thin tip (e.g., Wilton #230), poke a hole in the center and fill with Nutella, jam, lemon curd, or pastry cream until the filling just reaches the top.

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**Tags: Pastry, Breakfast, Advanced, Cinnamon, Egg Free, Baking Project**

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