

Sticky Toffee Pudding Cinnamon Rolls



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Pillowy soft cinnamon dough filled with a gooey buttery cinnamon date filling covered in a sticky toffee sauce. They are oh so gooey and honestly the perfect combination of two of the cosiest desserts for fall.

Ingredients

Dough

- 480 ml dairy free milk of choice
- 115 g dairy free salted butter of choice
- 50g light brown sugar
- 7g quick rise dry yeast
- 650g strong white bread flour
- 1 tsp baking powder
- 2 tsp cinnamon

Cinnamon butter

- 100g dairy free butter of choice, softened
- 100g light brown sugar
- 2 tsp cinnamon

Date paste

- 200g pitted dates
- Boiling water

Toffee Sauce

Instructions

1. In a saucepan, whisk together the milk, sugar and butter over medium heat. Heat until the butter has melted and then remove from the heat. Leave to cool to 37 - 39 degrees, or similar to a warm bath.
2. Gently mix the yeast into the milk and cover so the yeast can activate. A healthy activated yeast will start to pop to the top and bubble - the top of the mixture should be foamy and frothy.
3. In a large bowl, add 600g of the flour, cinnamon and baking powder. Pour the activated yeast mixture in. Mix with a wooden spoon until just combined.
4. Cover the bowl with a towel or plastic wrap and put the covered dough into a warm place for at least an 1 hour. It should double in size.
5. Whilst the dough is rising, make the filling. Add the dates to a saucepan or bowl and cover with boiling water. Leave for at least 10 minutes until the dates are soft. Drain away the water and transfer to a blender and blend until they are roughly chopped / spreadable. For the cinnamon butter, add the soft butter to a small bowl. Pour in the cinnamon and brown sugar and gently press this into the butter using a fork. Mix until you have a spreadable paste. Set aside.

- 120g light brown sugar
- 100g dairy free unsalted butter of choice
- 180g dairy free double cream

6. Remove the cover and add the remaining flour. Gently knead the dough (either in a stand mixer with a dough hook or by hand) adding additional flour as necessary, just until the dough loses its stickiness.
7. Transfer to a lightly floured surface and roll the dough out into a large rectangle.
8. Spread the cinnamon butter over the dough followed by the dates.
9. Cut the dough into 6 pieces for giant rolls, or 9 for smaller rolls. Roll tightly.
10. Place the rolls in a lined and greased tin then cover and leave to rise again in a warm place for 45 minutes.
11. Whilst the rolls are rising make the toffee sauce. In a saucepan combine the butter and sugar over medium heat. Once melted and simmering, add in the cream. Reduce the heat and mix until combined. Remove from the heat and pour into a jug for serving. Set aside.
12. Remove plastic wrap. Bake the rolls at 180°C for 25-30 minutes, until golden brown.
13. Cover the rolls whilst still warm with the toffee sauce and then leave to set for about 30 minutes before serving.

Notes

This recipe can be made with both dairy and non-dairy ingredients.

I used almond milk and dairy-free block butter.



