

Salted Caramel Pretzel Cinnamon Rolls



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Pillowy soft dough that's perfectly sticky and gooey, with swirls of buttery brown sugar. Salty pretzel pieces fill the centres for a perfect crunch to every single bite.

Ingredients

Dough

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

Filling

- 150g dairy free butter
- 170g light brown sugar
- 2 tsp ground cinnamon
- 80-120g pretzels, crushed

Frosting

- 65g dairy free butter
- 130g dairy free cream cheese
- 130g icing sugar
- 50g salted caramel sauce

Instructions

1. Start by making the dough.
2. In a saucepan whisk together the milk, sugar and butter over medium heat. Heat to 37 - 39 degrees, or similar to a warm bath.
3. 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.
4. In a large bowl, add the flour and baking powder. Pour the activated yeast mixture in. Mix with a wooden spoon until just combined.
5. 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.
6. Whilst the dough is rising, make the caramel.
7. Add the butter and sugar to a saucepan over medium heat. Let the butter melt and then continue to stir until the butter and sugar are combined. Add in the salt and mix well.
8. Whisk in the cream, turning the heat to medium-high and bringing the mixture to a boil.
9. Reduce the heat and leave to simmer, continually stirring until thickened. Remove from the heat.

Salted Caramel

- Pinch of salt
- 115g dairy free unsalted butter
- 250g dark brown sugar
- 120g dairy free double cream

10. Next make the filling.

11. In a small bowl, add the soft butter, spices and brown sugar and gently press in using a fork. Mix until you have a spreadable paste. Set aside.

12. Remove the cover of the risen dough. 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.

13. Transfer to a lightly floured surface and roll the dough out into a large rectangle.

14. Spread the filling over the dough.

15. Cut the dough into 6 pieces for giant rolls, or 9 for smaller rolls. Roll tightly.

16. Line and lightly grease a tin. Pour the caramel into the bottom.

17. Place the rolls on top and leave to rise again in a warm place for 45 minutes.

18. Remove plastic wrap. Cover with a drizzle of double cream (OPTIONAL). Bake the rolls at 180°C for 25-30 minutes, until golden brown.

19. Whilst the rolls are baking make the frosting. In a stand mixer whisk the ingredients together until creamy.

20. Remove the rolls from the oven and cover the rolls whilst still warm with the frosting. 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.



