

Tres Leches Cinnamon Rolls



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Rich, indulgent, gooey.... this recipe combines elements from both cinnamon rolls and tres leches cake for the perfect marriage of two classic desserts.

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

Filling

- 150g dairy free butter of choice, softened
- 150g light brown sugar
- 2 tbsp cinnamon

Cream Cheese Frosting

- 200g dairy free butter, soft
- 400g icing sugar

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 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.
6. Remove the cover of the risen dough 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.

- 150g dairy free full fat cream cheese, room temp

Milk mixture

- 120 ml dairy free evaporated milk
- 160g dairy free condensed milk
- 80g dairy free milk

7. Transfer to a lightly floured surface and roll the dough out into a large rectangle.
8. Spread the cinnamon butter over the dough.
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 milk mixture. In a saucepan combine the three types of milk over medium heat until combined. Remove from the heat and pour into a jug. Set aside.
12. Remove plastic wrap. Bake the rolls at 180°C for 25-30 minutes, until golden brown.
13. Poke holes in the rolls and pour 3/4 of the milk mixture over. Cover with plastic wrap and allow to cool.
14. Make the cream cheese frosting. In a stand mixer beat the butter until pale and creamy. On medium speed add in the icing sugar and beat until combined. Add in the cream cheese and beat again until smooth and creamy.
15. Spread the cream cheese on top of each roll and serve with a dusting of cinnamon and any left over milk.

Notes

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

I used almond milk and dairy-free block butter.



