

Earl Grey Cinnamon Rolls



Author: recipebyrosie

These Earl Grey Cinnamon Rolls are pillow soft with a gooey melty interior.

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
- 3-4 earl grey tea bags

Filling

- 150g dairy free butter
- 170g light brown sugar
- 2 tsp ground cinnamon

Frosting

- 65g dairy free butter
- 130g dairy free cream cheese
- 1 tsp vanilla bean extract
- 160g icing sugar

Instructions

1. Start by making the dough.
2. In a saucepan heat the milk until boiling. Add the tea bags and leave to brew for at least 5 minutes. Gently press the tea bags and then remove them from the milk. Add the sugar and butter over medium heat. Heat to 37 - 39 degrees, or similar to a warm bath. Remove 50ml of the mixture and set aside (this will be used for the cream cheese frosting)
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. Next make the filling.
7. In a small bowl, add the soft butter, cinnamon and brown sugar and gently press in using a fork. Mix until you have a spreadable

- 50ml of brewed earl grey milk

Before baking

- 100ml dairy free double cream
- 1 earl grey tea bag

paste. Set aside.

8. 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.
9. Transfer to a lightly floured surface and roll the dough out into a large rectangle.
10. Spread the filling over the dough.
11. Cut the dough into 6 pieces for giant rolls, or 9 for smaller rolls. Roll tightly.
12. Line and lightly grease a tin.
13. Place the rolls in the tin and leave to rise again in a warm place for 45 minutes.
14. Heat the cream to boiling and then add the tea bag to the cream, leaving it to brew for 5 minutes. Remove the tea bag.
15. Remove plastic wrap from the rolls and then pour the cream over the rolls. Bake the rolls at 180°C for 25-30 minutes, until golden brown.
16. Whilst the rolls are baking make the frosting. In a stand mixer whisk the ingredients together until creamy.
17. 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.



