

Apple Fritter Cinnamon Rolls



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Perfectly pillowy soft dough filled with soft cinnamon sugar apples topped with a crispy sugar glaze... this has everything you love about a classic doughnut but in a soft, gooey cinnamon roll!

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

Filling

- 180g dairy free butter of choice, softened
- 200g light brown sugar
- 4 tbsp cinnamon
- 1/4 tsp ginger
- 1/4 tsp allspice
- 1/8 tsp nutmeg
- 4 small apples, diced and peeled
- 15g cornflour
- 30g water

Instructions

1. Start by making the filling. In a large saucepan over medium heat add 30g butter and the diced apples. Gently coat the apples in the butter and then add 2 tbsp cinnamon, ginger, nutmeg, all spice and 100g brown sugar. Continue to gently mix until the apples are completely covered in the spice and sugar. Cook until the mixture starts to bubble then mix together the water and cornflour and mix into the apple mixture. Leave to simmer until the apples are soft then remove from the heat.
2. In a small bowl mix together the remaining cinnamon, sugar and butter until you have a smooth paste. Set aside.
3. Next make the dough. 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.
4. 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.
5. In a large bowl, add 600g of the flour and baking powder. Pour the activated yeast mixture in. Mix with a wooden spoon until just combined.

Glaze

- 2 tbsp dairy free milk
- 200g icing sugar

6. 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.
7. 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.
8. Transfer to a lightly floured surface and roll the dough out into a large rectangle.
9. Spread the cinnamon butter over the dough followed by the cinnamon apples.
10. Cut the dough into 6 pieces for giant rolls, or 9 for smaller rolls. Roll tightly.
11. Place the rolls in a lined and greased tin then cover and leave to rise again in a warm place for 45 minutes.
12. Remove plastic wrap. Bake the rolls at 180°C for 25-30 minutes, until golden brown.
13. Make the glaze by adding the icing sugar to a small jug. Slowly add in the milk, continuing to whisk until you have a smooth, pourable consistency. Cover the rolls whilst still warm 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.



