

Blueberry and Lavender Rolls



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Basically the summer version of your favourite cinnamon roll. Pillowy soft dough filled with gooey blueberry lavender jam. Topped with a lavender cream cheese frosting they are sweet gooey and full of floral fruity flavour.

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

- 400g frozen blueberries
- 80g caster sugar
- 2 tbsp culinary lavender
- 2 tbsp cornflour
- 2 tbsp lemon juice

Frosting

- 65g dairy free butter, soft
- 250g dairy free cream cheese
- 130g 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 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.
6. In a small bowl, rub the lavender into the sugar (you can also use a food processor and pulse 20 times to break up the flowers)
7. Add the blueberries to a saucepan over medium heat then add the lemon juice. Leave it to simmer and then add in the lavender sugar, mix until dissolved gently pressing the blueberries into a puree. Bring to a boil and mix through the cornflour. Keep stirring until thickened and then remove from the heat and set aside to cool.

- 2 drops culinary lavender oil
8. 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.
 9. Transfer to a lightly floured surface and roll the dough out into a large rectangle.
 10. Spread the jam over the top.
 11. Cut the dough into 6 pieces for giant rolls, or 9 for smaller rolls. Roll tightly.
 12. Place the rolls in a lined and greased tin then cover and leave to rise again in a warm place for 45 minutes.
 13. Remove plastic wrap. Bake the rolls at 180°C for 25-30 minutes, until golden brown.
 14. Whilst the rolls are baking make the frosting. In a stand mixer whisk the butter until light and creamy. Add in the icing sugar followed by the dairy free cream and lavender drops. Whisk together until creamy.
 15. 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.



