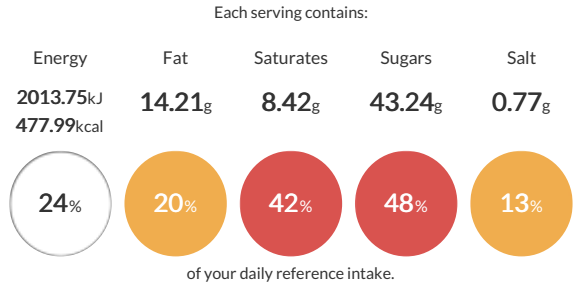


# Fluffy Apple and Cinnamon Rolls with Caramel Drizzle

## Recipe Image



## Reference Intake



## Ingredients

Product	Quantity
Whole Milk	230.00 g
Yeast Dried	10.50 g
Large eggs	114.00 g
Butter Salted	75.00 g
Plain Flour	600.00 g
Table Salt	6.00 g
Brown Sugar	12.35 g
Apple Green Seasonal	220.00 g
Light Brown Soft Sugar	180.00 g
Unsalted Butter	100.00 g
Ground Cinnamon	9.00 g
Icing Sugar	250.00 g
Water Still	45.00 g
Caramel Sauce	42.00 g

Serves: 12

## Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard	Does Not Contain Fish
Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2		

### Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

### Cereals:

Wheat:	Yes
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

## Dietary Information

Key: Suitable for

## Nutritional Summary

Energy	2013.75kJ 477.99kCal
Protein	7.74g
Carbohydrates	78.59g
of which sugars	43.24g
Non Milk Extrinsic Sugars	0.05g
Fat	14.21g
of which saturates	8.42g
Fibre	2.13g
Salt	0.77g
Sodium	0.08g
Iron	0mg
Calcium	62.13mg
Zinc	0.01mg
Folate	0µg
Vitamin A	59.88µg
Vitamin C	0mg



May not be suitable for Vegetarian



May not be suitable for Vegan



May not be suitable for Kosher



May not be suitable for Halal

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## Label Information

### Ingredients

Plain Flour (32%) (**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin)). Icing Sugar (13%) (Sugar Potato Starch). Whole **Milk** (12%) (Whole **MILK**). Apple Green Seasonal (12%) (Apple). Light Brown Soft Sugar (10%) (Light Brown Soft Sugar.). Large **eggs** (6%) (**EGG**). Unsalted **Butter** (5%) (Unsalted **butter (MILK)**, Minimum **milk** fat 82%). **Butter** Salted (4%) (**Butter (MILK)**, Salt (1.9%)). Water Still (2%) (still spring water). Caramel Sauce (2%) (Sugar, Sweetened condensed skimmed **MILK** (skimmed **MILK**, sugar, **lactose (MILK)**), Water, Glucose syrup, Humectant; glycerol, Thickener; modified maize starch, Natural flavour, Salt, Caramelised sugar syrup, Emulsifier; E471, Preservative; potassium sorbate, Acidity regulator; citric acid. Allergens; see ingredients in CAPITALS.). Brown Sugar (1%) (Fairtrade Golden Granulated Sugar). Yeast Dried (1%) (Yeast (*Saccharomyces Cerevisiae*), Emulsifier (Sorbitan Monostearate)). Ground Cinnamon (0%) (Cinnamon). Table Salt (0%) (Salt, Anti-caking Agent (sodium Hexacyanoferrate II)).

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## Method & Recipe Notes

1. Whisk the milk, yeast and one tablespoon of sugar together in the bowl and leave to sit for 5 minutes – when you see frothy bubbles on the top you know the magic is happening. 2. Add the eggs, softened butter, salt and 550g of flour to the bowl of your stand mixer with the dough hook attached. Pour in your activated milk and mix on a slow setting for a couple of minutes to ensure the flour absorbs the liquid – use a spatula to scrape down the side of the bowl to ensure all the flour is incorporated. If it's looking really wet, add the remaining flour a tablespoon at a time until it comes together. Once absorbed, turn the power to medium and let the dough hook do the work for 5 minutes. The dough should be soft and a little sticky here so go easy on the last bit of flour and only add it if you think you need to. If you don't have a stand mixer, you can bring the mixture together in a bowl and then when you have something that resembles a dough, knead on a lightly floured work surface by hand for about 8-10 minutes. 3. Cover the dough with a damp tea towel or clingfilm and put the bowl somewhere warm to rise for about an hour or so until it doubles in size. My kitchen is quite cold, so I usually put it upstairs in a warm room or close to my heated clothes dryer. 4. While the dough is proving make your filling by combining the cinnamon and sugar and chopping the apples. 5. Line a 9x13in a baking tray with baking paper and get ready to assemble. 6. When the dough has doubled in size tip it onto a floured work surface and use a rolling pin to create a rectangle about 14x20in. This doesn't need to be exact, but it's a good guide. 7. Spread the butter all over the dough, then sprinkle on the sugar followed by the apple chunks. 8. Take the long end and roll up tightly so you have one long sausage of dough. You want to make 12 swirls and I think the best way to do this without measuring is to trim the ends and discard them and then cut the sausage in half, cut the two pieces you've now have in half and then cut the four pieces you're left with into three. Put these into the lined tray and allow them to rise until puffy – this takes about 30- 45 mins. See the notes section if you want to make these overnight. 9. Preheat your oven to 165C/330F fan and when it's come to temperature, bake the swirls for 25-30 minutes until golden brown on top. 10. While your rolls are cooling, make the icing by mixing the icing sugar with the water until you have opaque icing that's smooth and not too runny. 11. Once the rolls are cooled, drizzle the icing all over followed by the caramel sauce which is optional, but so good. Use sparingly, about 2 tbs is plenty as it's quite sweet. 12. These rolls can be stored in an airtight container for a few days at room temperature, but they're best eaten the day you make them. I perk them up again by putting them in the microwave for 10-15 seconds.

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