

## TASTE WITHOUT WASTE

### Apple Pecan Cinnamon Rolls with Maple Cream Cheese Glaze

Makes 10 rolls. Takes about 2 hours.

#### Ingredients

##### *Rolls*

2 cups plain flour  
¾ cup wholemeal flour  
1 tsp salt  
3 tbslp sugar  
2 ¼ tsp instant dry yeast  
½ cup water  
¼ cup milk  
40g (2 ½ tbslp.) unsalted butter, cut into small pieces  
1 large egg, beaten

##### *Filling*

45g (3 tbslp) unsalted butter, room temperature  
2 tbslp sugar  
1 tbslp ground cinnamon  
½ cup pecans, chopped  
1 large apple, peeled, cored and cut into rough 1cm dice

##### *Maple Cream Cheese Glaze (optional)*

40g cream cheese (I used light)  
2 tbslp icing (confectioners) sugar  
1 tbslp maple syrup  
1 tsp milk

#### Method

##### *Dough*

Set ½ cup of plain flour aside. Whisk the remaining flours, salt, sugar and yeast together in a large bowl.

Heat the water, milk and butter together in a small ceramic bowl or jug in the microwave, stirring every 15 seconds or so. Be careful not to overheat – you want the butter to be just melted and the liquid warm to touch. About 45C is ideal.

Gradually pour the warmed liquid into the flour and stir with a wooden spoon to incorporate. Add the egg and just enough of the reserved flour to form a soft dough. I used about a tablespoon less than the ½ cup. When the dough begins to pull away from the sides of the bowl and adopts an elastic consistency, it is ready.

Turn dough onto a lightly floured surface and knead for about 4 minutes to form a smoothish ball. Grease a large bowl lightly with a little butter and pop the ball of dough in. Set aside to rest for 10 minutes.

##### *Filling*

While the dough is resting, prepare your filling. Combine the sugar, cinnamon and chopped pecans in a small bowl. Beat the room temperature butter until smooth and softened. Have your chopped apple at the ready.

Once the 10 minutes is up, roll the dough out to a 35 by 20cm rectangle on a lightly floured surface. Make sure you have floured your rolling pin too!

Spread the softened butter evenly over the rectangle, using a plastic spatula. Sprinkle the sugar mixture over the top and then with the apple pieces. Carefully roll the dough up tightly from the wider end so that you have a long 'tube'. Use a large sharp knife to cut the tube into 10 even pieces. Try to use a light slicing action, rather than pushing down on the dough as you don't want to knock the air out. Arrange the rolls in a lightly greased 23cm circular pie/quiche dish. Loosely cover the dish with aluminium foil and leave in a warm place for 1 hour or until doubled in size. If you can't find a warm place, pre-heat the oven to about 90C, pop the rolls in and switch it off.

When the rolls have doubled in size, preheat the oven to 190C. If you had your rolls rising in the oven, be sure to remove them first! Remove the aluminum foil and bake for 20 to 25 minutes or until lightly browned on top. Around the 15 minute mark I cover mine again with aluminum foil to prevent them browning too much.

Once cooked, place the pie/quiche dish on a wire rack and allow the rolls to cool.

#### *Glaze*

Once the rolls have cooled slightly, prepare the glaze. Beat the cream cheese in a small bowl until smooth. Gradually beat in the icing sugar and then add the maple syrup and milk. The glaze should slowly drizzle off a spoon. Drizzle the glaze over the scrolls and serve.

Rolls may be eaten warm or at room temperature, glazed or unglazed. They will keep for two days in an airtight container (they keep better this way when unglazed). Alternatively you can freeze them either glazed or unglazed for up to a month. Reheat gently in a low oven to prevent drying out.

*Source: Dough directly from [Sally's Baking Addiction](#), Filling and Maple Glaze a Taste Without Waste original.  
Printed from: [www.tastewithoutwaste.com](http://www.tastewithoutwaste.com)*