



Carrot cake cinnamon scrolls



DIFFICULTY: MEDIUM



PREPARATION TIME: 30
MINS



COOKING TIME: 20 MINS



SERVES: 10

Ingredients

200ml full fat milk, lukewarm

2 tsp dried yeast

2 tbsps caster sugar

450g plain flour

1 tsp ground cinnamon

¼ tsp ground cardamom

½ tsp salt

60g unsalted butter, melted

1 egg, lightly beaten

120g grated carrot

Filling

40g unsalted butter, melted

125g brown sugar, loosely packed

2 tbsp plain flour

3 tsp ground cinnamon

¼ tsp ground cardamom

Method

Place the milk, yeast and 1 tablespoon of the sugar in a bowl. Stir to combine and stand for 5 to 10 minutes or until foamy.

In a bowl of a stand mixer, combine the remaining sugar, flour, spices and salt. Add the yeast mixture, butter, egg and carrot and knead with a dough hook for 10 minutes, or until dough is elastic. Dough should be soft. Turn dough out on to a lightly floured surface and shape into a ball, place in a lightly greased bowl, cover with plastic wrap and prove on the bench for 1 ½ hours or until doubled in bulk.

While the dough is proving, make the filling. Combine all of the ingredients in a bowl and mix together. Set aside.

To make the icing, combine all of the ingredients and enough milk to make a smooth icing.

Grease and line a 26cm round cake tin. Transfer the dough to a floured surface and roll out to a 30 x 40cm rectangle. Sprinkle on the filling over the dough, roll the dough into a log starting from the long edge. Cut the log into 10 even scrolls and place evenly spaced in the prepared tin. Place the scrolls in the oven and select Dough proving for 20 minutes.

Remove the scrolls from the oven and stand on the bench. Wipe out any excess moisture from the base of the oven and change oven function to

Icing

50g cream cheese, softened

25g unsalted butter, softened

125g icing sugar

½ tsp vanilla extract

1 to 2 tsp milk

CircoTherm 190°C with VarioSteam medium (see note if you do not have an oven with added steam functionality). Bake the scrolls for 20 minutes or until golden.

Allow the scrolls to cool for 15 minutes before piping icing on top.

Notes

The first prove of these scrolls is done on the bench. This allows for greater flavour development. In cold weather prove the dough on Dough proving for 40 to 45 minutes. If your oven doesn't have VarioSteam, remember to cover the scrolls with a damp tea towel when proving in the oven and reduce temperature to 38°C.