



RECIPES

WHOLEGRAIN CINNAMON ROLLS



INGREDIENTS

INGREDIENTS A

200g	Prima Bread Flour
100g	Prima Superfine Wholegrain Flour
20g	Prima Cake Flour
65g	Caster Sugar
6g	Instant Yeast
1 tsp	Bread Improver

INGREDIENTS B

2	Small Egg Yolks
160ml	Cold Water
60g	Butter
¼ tsp	Salt

INGREDIENTS C

some	Melted Butter
100g	Mixed Fruits
1	Egg Wash
some	Apricot Jam
	Cinnamon Sugar Mix

CINNAMON SUGAR MIX

15g	Cinnamon Powder
30g	Caster Sugar

PROCEDURE

1. Soak the mixed fruits for 5 minutes in cold water. Drain the water and dry it.
2. In a mixing bowl attached with a “J” hook, mix Ingredients A before adding in Ingredients B.
3. Mix and knead for 10 – 15 minutes until the dough is smooth. Rest the dough before dividing it into 2 portions. Rest again.
4. Roll out each dough lengthwise, spread melted butter and sprinkle the cinnamon sugar and mixed fruits. Roll up the dough and cut into a few pieces. Once sliced, place the dough (inner side facing upwards) onto trays lined with silicon paper or place the sliced dough into bread casings. Put a sliced cherry on each sliced piece. Do the same for the other dough.
6. Alternatively, place a few pieces of the dough onto a greased 7 or 8 inch tray and let it proof until the dough doubles in size.
7. Proof the bread until it is twice the size and egg wash the dough.
8. Bake at 180°C for 15 minutes – 20 minutes.
9. Once baked, spread apricot jam.

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