

My favourite recipes



BAKING

Cinnamon rolls with spelt and baked apple

Yeast dough

- 30 g Water, lukewarm
- 42 g Yeast (1 cube)
- 70 g Sugar
- 1 Egg (size M)
- 5 g Salt
- 10 g Vanilla sugar (1 Sachet)
- 500 g [SchapfenMühle Spelt flour type 630](#)
- 200 g Milk
- 70 g Butter, soft

Baked apple filling

- 6 Apples
- 70 g Sugar
- 5 g Cinnamon
- 1/2 Lemon (Juice)
- 70 g Butter, soft

Icing

- 50 g Creme cheese
- 1/2 Lemon (Juice)
- 20 g Icing sugar

Preparation

Put the water, yeast and sugar in a mixing bowl and stir. Then add the egg, salt, vanilla sugar, spelt flour and milk and mix. Then add the butter and knead everything into a smooth dough for approx. 5 minutes. Add a little flour if necessary to create a smooth, non-sticky dough.

Shape the dough into a ball, sprinkle with a little flour and leave to rise in a bowl, covered with a cloth, for approx. 60 minutes.

For the baked apple filling, peel the apples and cut into fine cubes (approx. 5 mm). Mix with the sugar, cinnamon and lemon juice and simmer in a pan for approx. 10 minutes. Roll out the yeast dough into a square (approx. 40 x 60 cm) on a floured work surface. Brush the dough with the soft butter and sprinkle with cinnamon and sugar. Spread the baked apple filling over the dough.

Roll up the dough from the wider side to form a snail and cut into approx. 16 equal-sized pieces. Place the swirls on a baking tray lined with baking paper or in a baking dish. Place the tray in the cold oven. Heat to 180 °C (top/bottom heat) and bake for approx. 30 minutes.

Mix all the ingredients for the icing and brush the warm cinnamon rolls with it. Then leave to cool.

Notes

Please note: Every oven is different. Please adjust the individually required baking times and temperatures accordingly.

We hope you enjoy
the preparation!