

Pecan Caramel Cinnamon Rolls

Ingrédients

- 200g of whole milk
- 15g of fresh yeast
- 500g of strong flour or T45
- 2 eggs
- 10g of salt
- 60g of sugar
- 180g of butter
- 75g of softened butter
- 120g of brown sugar
- 2 tablespoons of ground cinnamon
- 100g of heavy cream for baking

Préparation

1. Episode 2 of my cinnamon rolls series this autumn, a pecan & caramel version.
2. A soft brioche, crunchy pecans, cinnamon of course, a cream cheese frosting, and creamy caramel, that's what awaits you
Ingredients :I used ground cinnamon and pecans from Koro: code ILETAITUNGATEAU for 5% off everything on the site (not affiliated).
3. Equipment :I used my Kenwood Cooking Chef robot / code FLAVIE = 3 free accessories with the purchase of the robot / code FLAVIE2 = 20% off all accessories
Preparation time: 40 minutes of preparation + 25 minutes of baking + at least 3 hours of resting
For about ten cinnamon rolls (up to 14-15 if you make smaller ones):
Brioche dough: of whole milk of fresh yeast of strong flour or T45 2 eggs of salt of sugar of butter
In the bowl of the robot, pour the milk and the crumbled fresh yeast.
4. Cover with the flour, then add the sugar, salt, and eggs.
5. Knead on low speed for 10 to 15 minutes, the dough should pull away from the sides of the robot.
6. Add the butter cut into small pieces and knead again until the butter is well incorporated, the dough pulls away from the sides of the bowl again and forms a veil when stretched.
7. Let the dough rise for 30 minutes at room temperature, then form a ball, cover it, and place it in the refrigerator for at least 2 to 3 hours, preferably overnight.
8. Cinnamon filling: of softened butter of brown sugar 2 tablespoons of ground cinnamon Mix the 3 ingredients until you have a well-homogeneous preparation.
9. Baking and finishing touches: of heavy cream for baking About 60- of chopped pecans QS of caramel
The frosting: of cream cheese + of powdered sugar + of softened butter + vanilla extract
Roll out the dough into a large rectangle (about 60 x 30cm) then spread the cinnamon mixture over the entire surface of the dough.
10. Add chopped pecans.
11. Roll the dough into a large roll.
12. Cut into rolls about 3-4cm thick (trying not to crush them too much, if needed you can chill the dough a bit before cutting).
13. Place them in a dish, spacing them out, they will at least double in size afterwards.
14. Let them rise for about 1 hour at room temperature, then pour the heavy cream over them, distributing it all over the mold.
15. Then, bake them for about 25 minutes at 180°C.
16. Prepare the frosting by whisking the 3 ingredients by hand or with an electric whisk.

17. Let the cinnamon rolls cool for a few minutes before adding the frosting.
18. Then, add the caramel and chopped pecans and enjoy!

Recette imprimée depuis www.iletaitungeau.com