



Cinnamon Rolls with Apples



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Introduction

Cinnamon rolls with apples, or “cynamonki z jabłkami,” are a delightful treat that combines the warm, comforting flavors of cinnamon and the sweet, tart notes of fresh apples. Perfect for breakfast or as a dessert, these rolls are sure to become a favorite in your kitchen. This recipe offers a simple way to create these mouth-watering pastries that will impress family and friends alike.

Detailed Ingredients with measures

For the dough:

- 500g all-purpose flour
- 100g sugar
- 7g dry yeast
- 250ml warm milk
- 1 egg
- 100g butter, melted
- A pinch of salt

For the filling:

- 3 medium-sized apples, peeled and diced
- 100g brown sugar
- 2 tablespoons ground cinnamon
- 50g butter, softened
- 50g raisins (optional)

For the glaze (optional):

- 100g powdered sugar
- 2-3 tablespoons milk

Prep Time

Preparation time for these delicious cinnamon rolls is approximately 15 minutes, which allows you to mix the ingredients and prepare the filling.

Cook Time, Total Time, Yield

Cook time is around 25-30 minutes, during which the rolls achieve a golden brown finish in the oven. The total time for this recipe, including preparation and cooking, is approximately 45-60 minutes. This recipe yields about 12 cinnamon rolls, perfect for sharing or enjoying throughout the week.



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Detailed Directions and Instructions

Step 1: Prepare the Dough

In a large bowl, combine flour, yeast, sugar, and salt. Mix the dry ingredients well. In a separate bowl, warm the milk and melt the butter, then add them to the flour mixture. Incorporate the eggs and blend until the dough forms a ball.

See also [Green Beans Greek Style](#)

Step 2: Knead the Dough

Turn the dough onto a floured surface and knead it for about 10 minutes, until smooth and elastic. Place the dough in a lightly greased bowl, cover it with a cloth, and let it rise in a warm place for approximately one hour, or until it has doubled in size.

Step 3: Prepare the Apple Filling

While the dough is rising, peel and slice the apples into small pieces. In a pan, melt some butter and sauté the apple pieces with cinnamon and sugar until they are tender and slightly caramelized. Set aside to cool.

Step 4: Roll Out the Dough

Once the dough has risen, punch it down and turn it onto a floured surface. Roll it out into a rectangle about 1 cm thick.

Step 5: Assemble the Cinnamon Rolls

Spread the cooled apple filling evenly over the dough rectangle. Roll the dough tightly into a log, starting from one long side. Once rolled, cut the log into equal pieces (about 2-3 cm thick).

Step 6: Second Rise

Place the sliced rolls in a greased baking dish, leaving some space between them. Cover with a cloth and let them rise again for about 30-40 minutes, until they puff up.

Step 7: Bake

Preheat the oven to 180°C (355°F). Bake the cinnamon rolls for 25-30 minutes or until they are golden brown on top.

Step 8: Cool and Serve

Let the rolls cool slightly in the baking dish before serving. Enjoy them warm.

Notes

Note 1: Ingredient Variations

You can add nuts or raisins to the apple filling for extra flavor and texture.

See also Sausage Gravy

Note 2: Storage

These cinnamon rolls are best enjoyed fresh, but can be stored in an airtight container for up to 2 days.

Note 3: Freezing

Unbaked rolls can be frozen and then baked fresh when needed; just let them rise at room temperature before baking.



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Cook techniques

1. Dough Preparation

The dough is made by combining flour, sugar, yeast, and other ingredients, then kneading until smooth and elastic. This step ensures a good rise and texture.

2. Rolling and Shaping

After the dough has risen, it is rolled out into a rectangle. This technique helps in evenly distributing the filling and creating a uniform shape.

3. Filling Application

Applying the apple and cinnamon filling evenly across the rolled dough is crucial for balanced flavor in every bite.

4. Cutting and Twisting

Cutting the rolled dough into strips and then twisting them before placing in the baking pan adds visual appeal and texture.

5. Baking

Baking at the right temperature ensures that the cinnamon rolls are cooked through and achieve a golden-brown color.

6. Glazing

Applying a glaze after baking adds sweetness and moisture, enhancing the overall flavor of the cinnamon rolls.

FAQ

Can I use other fruits besides apples?

Yes, you can experiment with other fruits such as pears or berries for a different flavor profile.

How do I store leftovers?

Leftovers should be stored in an airtight container at room temperature for a few days.

Can I freeze the cinnamon rolls?

Yes, you can freeze the unbaked rolls by placing them in a freezer-safe container. Bake them straight from the freezer when ready to enjoy.

See also [Marry Me Chicken](#)

What can I substitute for yeast?

If you prefer not to use yeast, you can try using baking powder, but the texture will differ.

How do I know when they are done baking?

The cinnamon rolls should be golden brown and have risen well. A toothpick inserted in the center should come out clean.



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Conclusion

The cinnamon rolls with apples are a delightful combination of sweet and spiced flavors, creating a comforting dessert perfect for any occasion. Their gooey texture and warm aromas make them an irresistible treat that can be enjoyed by the whole family.

More recipes suggestions and combination

Apple and Cinnamon Oatmeal

A warm bowl of oatmeal topped with sautéed apples and a sprinkle of cinnamon makes for a wholesome breakfast option, providing both flavor and nutrition.

Cinnamon-Stuffed French Toast

Transform your breakfast with slices of bread stuffed with a mixture of cream cheese, cinnamon, and apple filling, then grilled to golden perfection.

Apple Cinnamon Muffins

Bake fluffy muffins that are infused with apple chunks and a warm cinnamon swirl, perfect for a quick snack or breakfast on the go.

Spiced Apple Crisp

Create a delicious dessert by layering sliced apples with a crumbly cinnamon-infused topping, baked until golden, and served warm with vanilla ice cream.

Cinnamon Sugar Donuts

Make homemade donuts coated in cinnamon sugar, with apple puree or chunks mixed in the batter for a sweet and delightful treat.



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