



YIELD: 12 LARGE ROLLS

Go Nuts Sticky Cinnamon Rolls

BARBARA ESTABROOK, APPLETON, WISCONSIN
 2023 National Festival of Breads
 Go Nuts Category Honorable Mention

INGREDIENTS

DOUGH

- 2 cups peeled, diced tart apple, (¼-inch dice)
- ¼ cup water
- 2 tablespoons honey
- 1¼ teaspoons salt, divided
- 2½ - 2¾ cups KING ARTHUR® Unbleached All-Purpose Flour, divided
- 1 (¼-ounce) package RED STAR® Platinum Superior Baking Yeast®
- ¼ cup granulated sugar
- ½ cup whole milk
- 4 tablespoons unsalted butter
- 2 large eggs, room temperature
- 1½ teaspoons vanilla extract

NUT TOPPING

- 4 tablespoons unsalted butter
- 4 tablespoons honey
- ½ cup packed dark brown sugar
- 1¼ cups coarsely chopped deluxe lightly salted mixed nuts (without peanuts)

FILLING

- ½ cup granulated sugar
- 1 tablespoon ground cinnamon
- 4 tablespoons unsalted butter, melted

DIRECTIONS

1. In a saucepan, combine apple, water, honey and ¼ teaspoon salt. Over medium-high heat, stir until mixture bubbles. Reduce heat to medium-low; cook 8 -10 minutes stirring occasionally or until liquid is absorbed. Remove from heat.
2. In bowl of stand mixer fitted with paddle attachment, stir together 1 cup flour, yeast, sugar and remaining 1 teaspoon salt.
3. In a small saucepan, heat milk and butter to 120°F -130°F. Pour milk mixture over flour mixture and mix on low speed until combined.
4. Stir in eggs and vanilla extract; beat on medium speed for 3 minutes.
5. Exchange paddle for dough hook. Slowly add remaining flour until dough comes together and pulls away from the side of the bowl. Knead 5 - 8 minutes or until the dough is smooth and elastic.
6. Place dough in greased bowl and turn to coat. Cover; let rest while preparing nut topping and filling. Spray a 13 x 9-inch baking pan with cooking spray.
7. **For nut topping:** In microwavable bowl, melt butter and stir in honey. Pour and spread mixture over bottom of pan. Sprinkle evenly with brown sugar and nuts; set aside.
8. **For filling:** In a small bowl, stir together sugar and cinnamon; set aside.
9. After the dough rests 20 - 25 minutes, roll dough into a 16" x 12" rectangle. Brush with melted butter. Top with the cooked apple, then lightly press into dough (there will be spaces). Sprinkle on sugar and cinnamon mixture.
10. Beginning on long side, roll dough into a log, pinching seam to seal. Slice log into 12 equal pieces. Place cut-side down in baking pan, spacing equally. There will be space between rolls that will fill in after rising and baking.
11. Cover; let rolls rise in warm place until puffy, 60 - 90 minutes. Near the end of the rise, preheat oven to 350°F. Bake 25 - 28 minutes or until golden and internal temperature is 192°F - 198°F. Remove pan from oven and invert onto a large baking sheet. Let rolls set for 10 minutes then transfer to wire rack to cool.

NUTRITION INFORMATION PER SERVING (1 ROLL, 134 g): 440 calories, 20g total fat, 8g saturated fat, 0g trans fat, 60mg cholesterol, 280mg sodium, 58g total carbohydrate, 3g dietary fiber, 32 g total sugars, 8g protein, 23mcg folate, 1mg vitamin C, 1 mg iron.