

BLUEBERRY CINNAMON ROLLS

INGREDIENTS

for the dough

3 1/2 cups all-purpose flour
3 tablespoons sugar
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon cardamom
1/2 cup warm milk
2 1/2 teaspoon active dry yeast
1/2 cup (1 stick) butter, softened to room temperature
2 eggs, room temperature
1/2 cup sour cream

for the filling

2 cups blueberries, fresh or frozen
1/4 cup sugar
1 teaspoon ground cinnamon
zest of 1/2 lemon, grated
squeeze of lemon juice

butter or cooking spray (for greasing the pan)

1/4 cup Demerara sugar (for sprinkling on top; optional)

DIRECTIONS

In the work bowl of your stand mixer, mix the flour with sugar, cardamom, cinnamon and salt. Make a well in the center and pour in the warm milk in which you have dissolved the yeast. Mix in some of the flour to make a sponge in the middle of the bowl. Slice the butter and put the slices around the sponge (the warmth of the sponge will soften the butter slightly and make it easier to incorporate). Cover the bowl with plastic and leave for about 20 minutes, until bubbles have formed. Then add eggs and cream, mix everything together and mix on low speed until the dough looks silky and smooth. Move to a workbench and knead for 3-5 minutes. Place dough in a large oiled bowl; cover the bowl and set aside to rise until doubled in bulk, about 1 hour.

While the dough is rising, put the blueberries and sugar into a bowl. Add the zest and cinnamon, along with a good squeeze of lemon juice, then mash together with a potato masher.

Prepare a 9-inch pie plate or baking dish with butter or cooking spray and sprinkle some of the Demerara sugar in it (sugar is optional).

Push the dough down. Roll into a 12 x 16-inch rectangle. Spread the blueberries over the surface, tightly roll up lengthwise. Slice into rounds about 1 inch wide (I ended up with 10) and set them in the pie plate, cut side facing up. Let rise for 30 minutes. Sprinkle the rest of the Demerara sugar on top.

During the second rise, preheat oven to 375F. Bake the rolls in the center of the oven until well risen and browned, about 25-30 minutes.