Cinnamon Beet Rolls

- **Yield:** 24 rolls



Ingredients

- 4 1/2 teaspoons active dry yeast (2 1/4-ouce packets)
- 1/4 cup warm water, about 105 degrees
- 1 teaspoon natural cane sugar
- 1 cup pureed beets
- 1 egg, lightly beaten
- 1 cup buttermilk
- 1/2 cup natural cane sugar
- 1/4 cup melted butter
- 1 tablespoon + 1 teaspoon orange zest
- 1 1/4 teaspoons fine grain sea salt
- 3 1/2 cups white whole wheat flour
- 2 1/2 cups light spelt flour
- 1-2 tablespoons raw turbinado sugar
- 1 egg + 2 tsp water, lightly beaten for egg wash, optional

FILLING

- 6 tablespoons unsalted butter, softened
- 3/4 cup muscovado sugar
- 1 tablespoon cinnamon
- 1/4 teaspoon ginger

Instructions

1. In the bowl of a stand mixer, dissolve the sugar in warm water and sprinkle over the yeast. Let stand until yeast begins to foam, about 5 minutes. Add the beets, egg, buttermilk, sugar, butter, zest, and salt and mix together with paddle attachment.
2. Add about half of the flour and continue to mix with the paddle attachment. Switch to the dough hook attachment and add the rest of the flour. Knead until dough comes together and forms a ball, about 5 minutes. Transfer dough to a lightly greased bowl and cover. Let rise at room temperature for 1 1/2 to 2 hours or overnight in the refrigerator.
3. In a small bowl, use a fork to mix together the muscovado sugar, cinnamon, and ginger.
4. Divide dough into two portions. On a lightly floured surface, roll each portion into a rectangle about 13″ by 20″. Spread half of the softened butter on each rectangle and sprinkle with cinnamon sugar mixture, leaving a 1/2-inch border around the edges. Roll up dough lengthwise into tight logs, pinch the seams shut, and place the logs seam side down. Cut each log into 12 pieces, rotating cuts on the diagonal. (I cut the ends off first to make a clean edge.) Press an index finger firmly on the top and center of each roll to shape.
5. Preheat oven to 400.
6. Place rolls at least 2 inches apart on 2 parchment lined baking sheets. Lightly cover and allow rolls to rise again for 30 minutes. Brush with egg wash and sprinkle with turbinado sugar.
7. Bake for 14-18 minutes, until light golden. Serve warm. Store leftovers in the freezer wrapped in foil and reheat in the oven when ready to serve.

Notes

dough adapted from Melanie Campbell
shaping method from My Blue and White Kitchen

***Find it online**: https://www.gatheranddine.com/cinnamon-beet-rolls/*