



Apple Cinnamon Rolls

Ingredients

Dough:

- 1¾ cups all-purpose flour
- ¾ cup sugar
- 4 teaspoons baking powder
- ½ teaspoon sea salt

¼ cup (½ stick cold butter)

- ¼ cup shortening (chilled)
- ¾ cup sour cream

Filling:

- ¼ cup butter (½ stick) melted and cooled
- 1 cup brown sugar, packed
- 2 teaspoons cinnamon OR apple pie spice
- 2 teaspoons lemon juice
- 6 medium tart apples (Pink Lady, Granny Smith or MacIntosh) peeled, cored and cut into ¼-inch diced pieces or shredded

Glaze:

- 1¾ cups water
- 2 tablespoons brown sugar
- ½ teaspoon cinnamon
- ½ cup heavy cream or half-and-half

Preheat oven to 350°F. Grease a 9 x 13-inch baking dish or pan.

Instructions

1. In a medium bowl, combine all the dry ingredients. Using a pastry blender, cut in the butter and shortening until the size of small peas. Add the sour cream and mix until it sticks together. (This won't take long.) Form into a ball and flatten into a disc. Place on a floured surface. I like to use a sheet of floured parchment paper. Roll out into a 10 by 16-inch rectangle.
2. Brush the dough with the cooled, melted butter. Thoroughly combine the brown sugar, cinnamon, lemon juice and apples. Gently spread onto the prepared pastry dough almost to the edges. Starting with the long side, roll up the dough (like a jelly roll). Cut into 12 slices, each being a little over 1¼-inches.
3. Place the slices cut side down into the prepared baking dish. Prepare the glaze below and pour over the rolls. Bake about 30 to 35 minutes or until brown and the center slightly jiggles. The rolls will set in a few minutes.

Caramel Glaze

This glaze can be poured over the rolls before or after baking. In a small pan, combine the water, brown sugar and cinnamon; bring to boil while stirring. Remove from heat and slowly pour in the cream, stirring as you do. Pour over the rolls, being careful because the glaze is hot! Bake as above.

You can also pour the glaze over the rolls immediately after they come out of the oven.