

## Carrot Cake with Orange “Cinnamon” Rolls

... Because it is **Carrot Season!!!** (in the winter and spring)

### Dough:

- 340 g all-purpose flour, I prefer King Arthur flour
- 7g of yeast or 1 packet of active dry or instant
- ½ teaspoon of cinnamon
- ⅛ or a pinch of nutmeg and clove \*if you don't like warming spices omit them it's perfectly great
- 60 g of unsalted softened butter or salted softened butter and omit the rest of the salt in the dough
- 120g warm whole milk or whatever milk is on hand (warmed for the yeast)
- 1 large egg
- 1 teaspoon of vanilla extract or paste
- 140g finely shredded carrot or 2 very large carrots
  - 70 grams for about a third of the carrots for the dough and the rest for the filling
- ½ teaspoon sea salt
- 45 grams of brown sugar + a little extra sprinkled over the carrots

### Filling:

- the rest of the carrots from above
- 110 grams of brown sugar light or dark it doesn't matter split into roughly 30 and 70 grams
- ½ -¾ stick or 60-90 g of softened butter depending on the level of “health” you want
- ½ teaspoon of salt if you are not using salted butter
- ½ tsp cinnamon
- 2 mandarin oranges or 1 large navel orange juiced and zested
  - Save ½ of the zest for the icing
  - Increase the amount of orange zest and juice if you want it more orangey... I like it more orangey.

### Icing

- 1 pack of good cream cheese softened on the counter
- 2 tablespoons softened butter
- ½ of the zest from the filling
- 40 g or ⅓ cup packed of brown sugar
- a good pinch of salt if the butter is not salted

## Directions:

Heat the milk hot enough for the yeast to dissolve if you are using active dry yeast and dissolve the yeast into the milk. Finely shred a carrot and sprinkle some brown sugar and mix it around, it should become juicy. In a bowl measure out the flour, salt if necessary, and spices. Once the yeast mixture is nice and frothy we are going to combine all the ingredients left in with the flour mixture: crack in the egg and the vanilla, mix gently, and pour over the flour. Add 70 grams of the carrots, the butter and sugar. Mix the dough and then knead for 4-6 minutes until it is soft and plump and all one texture. If the dough is too sticky add some more flour little by little until it no longer sticks. You may also use a dough hook if you have the equipment for 3-5 minutes. Then let the dough rise covered for 1-1.5 hours depending on the temperature of your house.

During this time it is the most time-efficient to make the filling and the icing. In a medium pan saute the rest of the shredded carrots with 2 tablespoons of the filling butter, 30g of the brown sugar, the salt and the other half of the orange juice. Cook this mixture until almost all of the moisture is gone and portions are beginning to become caramelized against the pan. Add this hot mixture to a bowl with the rest of the filling ingredients and mix with a rubber spatula until everything is smooth and set aside in the fridge. Please also taste this component and add more sugar or salt to your liking, nothing is raw.

To make the icing combine all of the ingredients in a bowl or into an electric mixture and with a whisk attachment whip the mixture for 2-4 minutes until it is fluffy to your contentment. Cover and set aside in the fridge for later.

Once the dough has roughly doubled in size roll it out into a large long rectangle about 15-17 inches by 7-9 inches. Spread the filling over the entire surface and roll it into a long cylinder (pictured below). Cut the roll into 6 equal pieces and stand them up with space to rise on their cut edge in a buttered baking dish or large cast iron. Cover and let them rise for 1-1.5 hours again depending on the temperature of the room. Once the rolls have doubled bake them at 350 degrees for 30-40 minutes until golden. Let them cool and top with the cream cheese icing before serving. Don't worry, a serving of vegetables is provided with each roll.

## Notes:

- If you like nuts, you may add a half cup of your favorite chopped and roasted salted or unsalted nut. Walnuts, pistachios, or almonds would be delicious.
- The icing is honestly not necessary and if the hassle scares you enjoy them without, they are still great.
- I make all doughs by hand and this dough is super easy to work with.
- If you do not have a kitchen scale just use the internet for conversions, just ask Google. I highly recommend using a kitchen scale especially when baking.

Pictures

