DietCloud – Recipe

Recipe Name: Strawberry & Chocolate Rolls Recipe With Vanilla Glaze

Diet Type:

Course: Snack

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Strawberries - chopped	8
• 1/4 cup Caster Sugar	
• 2 teaspoons Corn flour	
• 120 grams Dark chocolate - grated	
• 150 grams All Purpose Flour (Maida)	
• 25 grams Butter - melted and cooled	
• 1 tablespoon Sugar - powdered	
• 1 Whole Egg	
• 1/4 teaspoon Salt	
• 1/4 cup Milk	
• 2 teaspoons Active dry yeast	
• 1/2 cup Icing Sugar	
• 1-1/2 tablespoons Milk	
• 1/2 teaspoon Vanilla Extract	

Preparation

• Cook for 5-6 minutes, stirring constantly, or until the strawberries become soft and mushy, and have released their juices.
• Add in the sugar and cornstarch stir vigorously to avoid forming lumps.

• Remove pan from heat when the mixture thickens up and transfer the filling into a small bowl.

• Set aside.

• *To make the dough:In a pan, add the milk and heat on low flame for 1 minute until it becomes lukewarm.

• Turn off the flame.
• Now add a pinch of sugar and yeast to the lukewarm milk and stir it for few seconds.
• Keep aside undisturbed for 10 minutes or until froth appears on top of the milk.

• In a separate bowl, add sugar, egg, salt, melted butter, and the milk-yeast mixture.
• Whisk until all ingredients are well combined.
• Start adding the flour, 1/3rd at a time, and gently mix it with a spatula.
• Mix well, until a thick, sticky dough forms and all the flour is incorporated.
• Dump the dough on a well-floured surface and knead just until the dough is no longer sticky and forms a ball.
• This will take about 10-15 minutes.
• Alternatively you can even knead the dough in a food processor.
• Place the dough into a greased bowl.
• Put little bit oil on top of the dough, cover the bowl with a wet muslin cloth or a towel and allow the dough to rise at a warm place for at least an hour or until doubled in size.
• *To make the rolls:Once the dough has risen, put it on a lightly floured surface and gently squish the dough ball with your hands to make a rectangular shape.
• Now using a rolling pin, start rolling the dough while maintaining the rectangular shape.
• Roll it to a size of about 14 X 6" rectangle.
• Now spread the cooled strawberry filling on the rolled out dough leaving about 1/2 inch border.
• On top of the strawberry filling, spread the grated chocolate.
• Start making the roll by rolling from the long side.
• (You have to roll length wise).
• Now using a serrated knife, cut out about 8 rolls and place them in a greased baking pan.
• Cover the pan with a wet muslin cloth or a towel and place it at a warm place to rise for about 45 minutes or until the rolls have doubled up in size.

• Once your rolls are baked, remove them from the baking pan while they are still warm.
• Otherwise they will stick to the bottom due to sticky strawberry and chocolate filling.
• *For the glaze:In a bowl, add icing sugar, milk, and vanilla essence.
• Mix well using a whisk or a spoon until you get a smooth and lump free glaze.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)