

Pumpkin Ale Cinnamon Rolls

Recipe by A Kitchen Hoor (@flowerfroggirl)



Ingredients

For Dough:

- 2 cups whole wheat flour
- 5 1/2 cups all-purpose unbleached flour
- 2 packets instant yeast
- 1 teaspoon salt
- 2 1/2 tablespoons vital wheat gluten
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 15 ounces canned pumpkin
- 1/2 cup egg substitute
- 2 whole eggs, lightly beaten
- 1/2 cup molasses
- 1/2 cup margarine, melted and cooled
- 1 1/4 cup pumpkin ale (Dogfish Head Ale)

For Filling:

- 1/4 cup margarine
- 1 cup brown sugar
- 3 tablespoons ground cinnamon
- 1/2 cup chopped walnuts

For Glaze:

- 2 ounces low fat cream cheese (Neufchatel cheese), softened
- 1/4 cup margarine, softened
- 1 cup powdered sugar
- 1/2 teaspoon vanilla extract

Cooking Directions

1. Combine the whole wheat flour with 4 cups of the all-purpose flour in the bowl of a stand mixer fitted with the dough hook sprayed with cooking spray. Add the yeast, salt, wheat gluten, ground cinnamon, ground ginger, ground allspice, and ground cloves. Stir to combine.
2. In a medium mixing bowl, combine the pumpkin ale, egg substitute, eggs, molasses, 1/2 cup margarine and pumpkin puree.
3. With the mixer on low, combine the wet ingredients with the dry ingredients. Mix until combined.
4. Slowly add remaining 1 1/2 cups of flour 1/4 cup at a time until thoroughly incorporated. The dough will be soft, but stringy.
5. Spray a large mixing bowl sprayed with cooking spray and add the dough. Allow to rest, covered, for 2 hours. Refrigerate at least 4 hours or overnight.
6. Preheat oven to 350.
7. Combine the brown 1/4 cup margarine, brown sugar, 3 tablespoons ground cinnamon and nuts in a small mixing bowl. Set aside.
8. Lightly dust your work surface with unbleached, all-purpose flour. Turn the dough out and allow to deflate.

Divide the dough in half. Reserve the second loaf for another use. (Can be refrigerated up to 5 days, or frozen for up to 2 weeks.)

9. Roll the dough out to a 10 by 13 rectangle. Sprinkle with the cinnamon mixture. Roll tightly and allow to rest 5 minutes.
10. Using dental floss or sewing thread, cut the pieces into 12 slices. Place the slices into a 9 inch square baking dish coated with cooking spray. Allow to rise 30 minutes.
11. Bake at 350 for 30 to 40 minutes or until lightly brown.
12. While the rolls are baking, prepare the glaze. Beat the cream cheese with the 1/4 cup margarine, powdered sugar and vanilla extract. Allow cinnamon rolls to cool slightly before icing.