

Fluffy Lemon Scrolls

Bialik College Kitchen Garden Program



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Ingredients:

- 2 and $\frac{3}{4}$ cups Plain flour, sifted
- 3 tablespoons caster sugar
- 1 teaspoon salt
- 1 packet of instant yeast (2 and $\frac{1}{4}$ teaspoons)
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup milk
- 2 and $\frac{1}{2}$ tablespoons butter
- 1 large egg
- FILLING:**
- $\frac{1}{4}$ cup butter, softened to room temperature
- $\frac{3}{4}$ cup caster sugar
- zest of 2 medium lemons
- $\frac{1}{2}$ teaspoon vanilla extract
- CREAM CHEESE FROSTING:**
- 115g cream cheese, softened to room temperature
- 1 cup icing sugar
- Juice of two medium lemons
- Optional – extra lemon zest for garnish

Equipment:

- Metric measuring cups, spoons and jug
- Microplane zester
- Citrus juicer
- Mixing bowls
- Wooden spoon
- Rolling pin
- Baking tray
- Baking paper
- KitchenAid stand mixer
- Knife
- Spatula

Method:

1. Prepare ingredients as stated above. Preheat oven to 180C.
2. Set aside $\frac{1}{2}$ cup of flour. In a large mixing bowl, toss 2 and $\frac{3}{4}$ cups flour, sugar, salt and yeast together until evenly dispersed. Set aside.
3. Heat water, milk and butter together in a small saucepan until butter is melted and mixture is hot.
4. Stir the butter mixture into the flour mixture. Add the egg and only enough reserved flour to make a soft dough. Dough will be ready when it gently pulls away from the side of the bowl and is stretchy.
5. On a lightly floured benchtop, knead the dough for about 3-4 minutes until smooth. Place in a lightly greased bowl and rest for 10 minutes.
6. **Make the filling:** In a medium bowl, combine the sugar, lemon zest and vanilla. Stir until the mixture becomes sandy in texture.

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7. After the dough has rested for 10 minutes, roll it out into a 35x20cm rectangle on a lightly floured surface. Spread the softened butter on top. Sprinkle with the lemon sugar filling all over.
8. Roll the dough tightly. Cut into 12 even pieces, place on a lined baking tray and loosely cover with foil.
9. If time permits, allow to rise in a warm place for 30-60 minutes.
10. After rolls have doubled in size, bake in preheated oven for 25-30 minutes until golden. You can cover rolls with foil after 15 minutes to avoid over browning.
11. **Make frosting:** Use a stand mixer to beat cream cheese on medium speed until smooth. Add icing sugar and lemon juice and beat on medium-high until creamy.
12. Frost warm rolls and sprinkle with additional lemon zest, if desired.