

# Blueberry Cream Cheese Sweet Rolls

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Original recipe and notes at [www.devamadeo.com](http://www.devamadeo.com)



## Details:

Yield: about 8 to 10 large rolls

Total time: 4 hours, including proofing times

Active time: 10 minutes for preparing the dough ingredients, 5 minutes for making the blueberry compote, 10 minutes for making the cream cheese glaze

Baking time: 20 minutes

Equipment: stand mixer, medium baking dish, rolling pin

## My Prep:

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## Ingredients:

### Blueberry cream cheese filling:

- Cold water –  $\frac{1}{2}$  cup, 118g
- Cornstarch – 1 TBSP, 8g
- Blueberries – 2 cups, 248g
- Raw sugar –  $\frac{1}{3}$  cup, 67g
- Freshly squeezed lemon juice – 2 TBSP, 20g
- Cream cheese, softened – 4 to 6 oz., 112g to 168g

### Sweet dough

- Unbleached all-purpose flour – 2 cups, 290g
- Unbleached bread flour – 2 cups, 290g
- Water –  $\frac{1}{2}$  cup, 118g

## Steps:

### Blueberry filling:

In a small saucepan combine the water with the cornstarch and dissolve. Incorporate the rest of the ingredients and turn the heat on in medium heat. Let it boil, then cook for 3 to 4 extra minutes, until you see the liquid is thickening. Retire from heat and let it cool.

This can be made a few days ahead and will be good in the fridge for weeks.

Take the cream cheese out when rising the dough for the rolls.

### Making the dough:

In a large bowl mix the 2 cups of all purpose flour with the 2 cups of bread flour.

- Butter - 8 TBSP, 113.5g, melted and cooled down
- Buttermilk, at room temperature -  $\frac{3}{4}$  cup, about 182g
- Fine sea salt - 1 Tsp, 6g
- Eggs, large and preferably organic and cage free - 2
- Natural granulated sugar -  $\frac{1}{2}$  cup, 105g
- Instant yeast - 1 packet, 11 g
- Vanilla extract -  $\frac{1}{2}$  Tsp
- Extra butter to grease the pan

**Cream Cheese glaze:**

- Cream cheese, softened but not warm - 4 oz, 112g
- Confectioner's sugar, sifted - 2 cups, 250g
- Butter, softened - 4 TBSP, 57g
- Blueberry compote - 1 to 3 Tsp, from the filling recipe above

**Note:** If not using a scale, spoon and level your measuring cup, never overpack it with flour.

In a measuring cup mix  $\frac{1}{2}$  of water with 3 tablespoons of the flour mixture. Heat in the microwave until you have a smooth pudding-like paste. Start with two 15-second intervals and keep heating in 10-second intervals if necessary to prevent scorching the mixture. Set aside to cool down.

With a paper towel oil with vegetable oil the inside of a large bowl. Place parchment paper on baking tray (see notes above) and butter it well.

In a mixing bowl pour the 7 tablespoons of melted butter, the  $\frac{3}{4}$  of buttermilk and mix the teaspoon of fine sea salt. Add the 2 eggs, the  $\frac{1}{2}$  cup of sugar, the instant yeast, the  $\frac{1}{2}$  teaspoon of vanilla extract and the cooled down sponge. Mix using the whisk attachment.

Pour 3 cups of the flour and mix until combined. Switch to the hook attachment and add the remaining flour. Knead in medium-slow speed (#2 in the Kitchen Aid) for 10 minutes. Dough should not stick to the walls but it will stick to the bottom. Transfer to oiled bowl. Cover with plastic wrap and loosely wrap bowl with a puffy kitchen towel or throw blanket. Place in a warm area of your home where there is no air draft (I always place it in my nightstand besides my bed and close the door). Let the dough rise and double in size, about 1  $\frac{1}{2}$  to 2 hours.

**Stretching and making the rolls:**

When the dough is ready, dust with enough flour a clean flat surface. Punch the dough (it will deflate) and turn it out over the surface. Dust flour over your rolling pin and over the dough, making sure the corners and all dough areas do not feel tacky. Using your hands (you may dust and rub some flour into them as well) stretch the dough into a rectangle as much as you can. Then roll it into a rectangle of approximately 20" x 18", dusting more flour on your rolling pin and over the dough as needed.

My recipe highlights:

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Extra notes:

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Fill the heart!



Spread the softened cream cheese, leaving clear about  $\frac{1}{4}$ " of all four borders. Next spread the blueberry compote over cream cheese area with small and gentle strokes to prevent dragging it.

Working from the longest side, pull up the dough and roll into a log as tight as you can. To prevent ruining the sugar mixture, I like to pull up the dough and kind of drop it over it instead of rolling in a pushing-forward motion. Pinch the seam at the end and, if not already, accommodate it below the log. Using a piece of dental floss or a very sharp knife cut rolls into  $1\frac{1}{2}$ ".

Remember, this process can be a bit messy because of the consistency of the filling. You can use a small spatula to help you pick up each roll after you cut it.

Transfer each roll to a prepared baking tray or dish, leaving some space between them. Loosely cover with plastic paper again or a kitchen towel. Wrap again with a piece of thick cloth and put them again to rise until puffy and almost double in size, about 30 to 45 minutes. (Note: if you see bubbles forming on the surface of the dough, they could be over proofing and it's time to bake them.)

When approaching the last 20 minutes of proofing, preheat oven to  $400^{\circ}$ .

Baking the rolls:

When ready to bake, place roll in the preheated oven. Wait 1 minute and drop temperature to  $350^{\circ}$ . Bake for 15 to 20 minutes, until top is golden brown and the center looms matte and not shiny. If the rolls still look a bit raw but they're turning dark brown, cover with aluminum foil during the last 5 minutes of baking. Try to not bake over 22 minutes. They will still keep cooking a bit after you take them out.

If making the day before:

Take out rolls and let them cool down completely (let the oven cool down completely as well). After

that, let the cooled down rolls in the cooled down oven, covered with a kitchen towel.

The next morning take the rolls out of the oven and preheat it at 300°.

Place rolls in the oven (or just the rolls you are going to eat) and warm them for about 7 to 10 minutes. Pour glaze over rolls. Decorate with tiny pieces of pistachios, almonds or more blueberries. Serve warm.

Rolls with cream cheese icing should be in a dry cool place for up to 1 day. After that they should be in the fridge.

See notes above on how to warm already glazed rolls.

Making the cream cheese glaze:

Place cream cheese in the mixing bowl of a stand mixer and using the whisk attachment or the beaters if using an electric hand mixer, beat it in medium-slow speed, just until light and airy with no large lumps.

Start adding the confectioner's sugar, waiting until an addition is incorporated before adding more. Scrape down the bowl to make sure all the cream cheese is incorporating well.

Add the softened butter, about a tablespoon at a time.

Add about 1 teaspoon of the blueberry compote and mix. Add a bit more for a more saturated color. Make a last addition and stop the mixer for a kind of swirled look.

As always, if glaze is too runny add a bit more of sugar; if it's too stiff add a bit of liquid like drops of lemon juice or a milk. You can always check my guide on [how to make a simple glaze](#).

Spread glaze over warmed rolls.

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