

# LEMON CURD ROLLS

*Here's a zesty alternative to the old standby of cinnamon rolls: lemon curd squeezed between soft pillows of yeast-based dough and topped with melting lemon curd cream cheese glaze. It's a comforting treat even if you're not a lemon curd fan. Perfect for sharing on rainy days and winter.*

**Yields:** 12 rolls in a 9"x13" glass or ceramic pan

## **Ingredients**

### **Dough**

- 2 ¼ teaspoons (1 packet) active dry yeast
- ¾ cup milk, warm (whole, 2% and 1% are ok to use)
- ½ cup (1 stick) unsalted butter, soft (mayonnaise-like)
- 4 ½ cups unbleached all purpose flour
- ¼ cup white granulated sugar
- ½ teaspoon salt
- ½ teaspoon freshly ground nutmeg
- zest of 1 ½ lemons (leave the remaining ½ lemon zest for the filling)
- 2 teaspoons vanilla extract
- 2 large eggs

### **Filling**

- ¾ cup white granulated sugar
- ¼ teaspoon freshly ground nutmeg
- ½ teaspoon ground ginger
- ¼ cup lemon curd
- 3 tablespoons butter, soft
- zest of ½ lemon

### **Glaze**

- ¼ cup butter, softened
- ¾ cup (6 ounces) cream cheese, softened
- ¾ cup confectioner's sugar, sifted
- ½ cup lemon curd\*\* (Recipe included at the end)

## **Preparation:**

1. **Prepare the dough with a stand mixer:** Place warm milk in the stand mixer bowl and sprinkle with yeast; leave it for 5 minutes. Using the paddle attachment, stir in the butter, sugar, and 1 cup of flour. Add the salt, nutmeg and lemon zest. Stir in the eggs, vanilla and enough of the remaining flour to create a soft and sticky dough. Depending on the humidity of your kitchen, you might only need 4 cups of flour in total. Switch mixing with a dough hook once it more or less comes together as one mass; knead for 5 minutes, or until dough is elastic and pliable. You can test by pressing a finger against the dough and it bounces back quickly.

**OR Prepare the dough by hand:** Stir all the liquid ingredients and sugar in a large bowl using a wooden spoon. Add a cup of flour at a time and mix. Once it comes together to form one big piece of dough, transfer onto a floured surface. Knead by hand for 5 to 8 minutes. Sprinkle additional flour if the dough gets too sticky.

2. Tuck the dough into one big ball (pinch together at the bottom) and spray or massage with vegetable oil, just enough so the surface doesn't stick. Turn the dough in the same bowl you used for mixing to grease it. Cover with plastic wrap and towel. Leave to rise in a dry and warm area of your kitchen for an hour. You can also place it in your unheated



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Please send an email at [gourmeted@gmail.com](mailto:gourmeted@gmail.com) if you have questions. Enjoy and happy baking!

oven.

3. **Prepare the filling:** Mix all the ingredients in a small bowl until a thick homogenous paste forms.
4. **Form the rolls:** Lightly grease a 9"x13" rectangular baking dish with baking spray or butter. Transfer the dough onto a floured surface and pat with your fingertip to spread into a large rectangle, about 10" x 15" in size. Spread the butter evenly on top of the dough, leaving at least half an inch space from the edges. Pour the filling and spread evenly using the back of a spoon. Roll the dough along its length; pinch the end of the dough with the roll (not the sides where you see the spiral pattern) to keep it from popping open. Cut the dough evenly into 12 rolls using a sharp serrated knife or a length of dental floss by wrapping and tightening it around the dough until it cuts through the dough [see photo [here](#)]. You can also use a sewing thread if you like. The string method keeps the dough from flattening out during slicing.
5. Place the rolls cut side up in the baking dish in 3 x 4 arrangement. Cover the dish with a kitchen towel and allow to rise for an hour, or until it has doubled in size. **[Want to bake them later?** Cover the pan with plastic wrap and place in the fridge for up to 24 hours. When you're ready to bake, remove the pan from the fridge and let it sit at room temperature for an hour before popping in the oven sans plastic wrap.]
6. **Bake the rolls:** Preheat the oven to 350°F. Bake the rolls for 35 to 40 minutes, or until slightly golden on top.
7. **Prepare the glaze while the rolls are baking in the oven:** Whip the cream cheese with a hand beater or a stand mixer with a paddle attachment for about 3 minutes. Add the confectioner's sugar and mix until smooth before pouring the lemon curd. Beat for a minute, scraping the sides of the bowl with a spatula at least once.
8. **Glaze the rolls right out of the oven.** Spread at least half the glaze on the rolls as soon as you get them out of the oven. Save some for topping up individual servings.

#### For the Lemon Curd

- 6 tablespoons unsalted butter, at room temperature
- 1 cup white granulated sugar
- 2 large eggs
- 2 large egg yolks
- 2/3 cup fresh lemon juice
- zest of all the lemons

#### Preparation:

1. Cream butter and sugar on medium speed in a bowl of a stand mixer fitted with paddle attachment. Beat until light and fluffy. Add the eggs and yolks, and mix until combined. Pour lemon juice and mix. Resulting mixture will not be homogenous and will have butter curds – don't worry.
2. Pour into a heavy bottom pan and cook over medium heat. Stir constantly with a wooden spoon or spatula until it thickens, about 10 to 15 minutes, or until the curd reaches 170°F. Don't allow it to boil or it will curdle. It is done when it coats the back of the spoon or spatula, and when you wipe it with your finger it will leave a trail. Transfer to clean bowl and set aside. Add confectioner's sugar and beat until smooth and free of lumps.
3. Transfer into a heatproof glass bowl and cool before using as filling.



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