

Kanelbullar

Cinnamon buns

There are as many recipes for cinnamon buns in Sweden as there are people who bake them. We like this one: it's simple, it's straightforward and it works.

Over time, you'll develop your own version - try different fillings, spices and nuts.



Good food with love from Scandinavia

Recipe

50g fresh yeast
1000g plain bread flour (or between 800-1000g, depending on the flour)
85g caster sugar
150g butter
500ml whole milk
½ tsp salt
2 tsp ground cardamom
1/2 egg (optional - it makes the dough more airy).

Filling

150g butter (soft and spreadable)
4-5tsp ground cinnamon
120g sugar

1 egg for brushing
100g of pearl sugar for decoration (or finely chopped nuts)

Melt the butter and add the milk. The temperature should be between 37-46°C. Add the yeast and stir until dissolved. Add the sugar, salt, cardamom, egg and enough flour to make the dough combine. You'll need about 700-800g. Keep the rest for kneading. Work the dough until it almost stops sticking and has a shiny surface - about 10 minutes with a mixer, longer by hand (add more flour if you need to). The dough should only just reach the point of not being sticky.

Leave to rise until it's doubled in size. Work through with more flour until dough stops sticking and can be shaped, then cut the dough in half and roll out each piece in a rectangular shape (around 40cm x 30cm). Spread a generous amount of butter over it, then dust over the cinnamon and sugar. Roll each piece lengthways so you end up with a long, tight roll. Cut 2cm bites and place them carefully on baking trays (take care to keep them separated, as they'll expand). Let the buns rest again for about 30 minutes. You should get between 30-35 buns out of this batch. TIP: If you like buns that have thin layers between the cinnamon then roll the dough out thinly in larger pieces and you'll get a really neat roll of perfectly layered buns.

Brush gently with egg and sprinkle a bit of pearl sugar on each bun. Bake at 220°C for about 8-10 minutes (turn the heat down a bit midway if you feel they're getting too brown). Cool down under a damp, clean tea towel to stop them going dry.

The buns freeze well.



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