

Sunvil Supper Club

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October 2012 - Swedish Cinnamon Buns



Ingredients

Wheat dough:	Filling:
25g yeast	100g butter
75g butter	100g sugar
250ml milk	4tsp cinnamon
50g granulated sugar	Glaze:
1 pinch salt	1 egg
1 tsp ground cardamom	2 tblsp water
600g wheat flour	Pearl sugar

In a bowl, mix the yeast and a few tablespoons of the milk. Leave for a few moments whilst you melt the butter and combine with the remainder of the milk. Add in the yeast mixture, and then the sugar, salt, cardamom and flour. Knead the mixture (either in a machine using a bread hook, or by hand) until the dough is firm and smooth. Cover the dough with a tea towel and allow to rise for 30 minutes at room temperature.

Once risen, briefly knead the dough again and roll it out into a rectangle around 3mm thick. Carefully spread the dough with the softened butter, before combining the cinnamon and sugar and sprinkling it on top. Roll the dough along the longest side to create a long sausage. Slice this into approximately 25 rounds just over 1cm thick.

Place the rounds into muffin cases with the cut edge facing upwards. Place on a baking sheet, cover, and allow to rise once again in a warm place until they have doubled in size (approximately 1 hour).

Once risen, beat together the egg and water and brush carefully onto the buns. Sprinkle with pearl sugar (or more cinnamon!) and bake in the oven for around 10 minutes at 225°C.

This recipe produces the kind of Cinnamon Buns which can be found all over Sweden and are usually eaten with a cup of coffee as a mid-morning snack. The Swedish Kanelbullar (literally: Cinnamon Bun) is thought to be the parent of the American Cinnamon Roll and the Swedes even have a day to promote the joys of this sweet baked treat!

These buns are great warm from the oven on a cool day, but they're also perfect picnic treats, or would be brilliant in a kids school lunch-box!

To find out more about Sweden and the wonderful food it produces, take a look at the Sunvil Sweden Guide.