Desserts / Sweden

Kanelbullar



Cinnamon buns knotted rather than rolled. The cardamom in the dough matters more than the cinnamon inside.

Time 135 min **Servings** 12

What you'll need.

- ☐ 600 g Plain flour
- ☐ 10 g Dried yeast
- ☐ 2 tsp Cardamom — ground from the pods
- ☐ 120 g Butter for the filling — softened
- ☐ 2 tbsp Cinnamon
- ☐ Pearl sugar — to taste
- ☐ 300 ml Milk
- ☐ 80 g Sugar for the dough
- ☐ 100 g Butter for the dough
- ☐ 100 g Sugar for the filling
- ☐ 1 piece Egg for glazing
- ☐ 1 tsp Salt

Let's make it.

01 Warm the milk to thirty-seven degrees and dissolve the yeast. Mix with the flour, sugar, salt and cardamom and knead for ten minutes.

02 Work in the soft butter piece by piece until the dough turns smooth and glossy. Prove for an hour.

03 Beat the butter with the sugar and cinnamon to a paste. Roll the dough into a half-centimetre rectangle and spread the filling over all of it.

04 Fold the sheet in three, cut two-centimetre strips, twist each one and tie it in a knot. Space them on a tray.

05 Prove them for forty minutes, brush with egg and scatter with pearl sugar.

06 Bake at 220 °C for twelve minutes. Short and hot is what keeps the middle moist.

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