

Swedish cinnamon buns

LITTLE CUP OF BLESSINGS



TOTAL TIME
~ 2 HOURS



TEMPERATURE
225-250°C

INGREDIENTS

DOUGH

50 gram yeast
Around 200 grams salted butter
1 deciliter sugar
A pinch of salt
1 teaspoon of cardamom
Around 12-14 deciliter flour

FILLING

Around 200-250 gram butter
1 deciliter sugar
1 tablespoon vanilla sugar
1-2 tablespoons cinnamon

1 egg
Pearl sugar

INSTRUCTIONS

1. Crumble the yeast into a bowl.
2. Melt the butter and mix with the milk, heat until lukewarm (approx. 37°C). Mix the buttermilk with the yeast, add salt, sugar and some cardamom.
3. Add flour, but not all at once, save a little for the end and add it slowly so that the dough does not become too hard. It should be elastic and slightly sticky
4. Let the dough rise for 30-40 minutes
5. Mix butter, sugar, vanilla sugar and cinnamon to a creamy filling.
6. Knead the dough a little on the counter. You can take half first if you need/want to. Spread the filling over the dough. You can also add a little extra cinnamon to make it even tastier.
7. Fold the dough in half, cut into strips, and shape into buns. Let them rest for another 30 minutes.
8. Beat an egg and brush it onto the buns, sprinkle with pearl sugar and bake in the middle of the oven for about 10 minutes or until the buns are golden brown.

