



Swedish Cardamom Buns

Serves 15-20

Ingredients

(Dough)

- 1 c + 1 T milk, heated to 110°F
- 2 1/4 t yeast
- 1/3 c brown sugar
- 3 1/4 c flour
- 1 t whole cardamom seeds (or 1 t ground)
- 1/4 t salt
- 5.3 T butter (at room temperature) (or about 1/3 cup)

(Filling)

- 4.5 T butter (at room temperature)
- 1/3 c dark brown sugar
- 1 1/2 t whole cardamom seeds (or 1 t ground)

(Topping)

1/4 c. (59 ml) water
1/4 c. (50 g) light brown sugar
1/2 tsp. vanilla bean paste
1 tsp. (2 g) granulated sugar
1/2 tsp. whole cardamom seeds
(I put vanilla powder instead and did not top with sugar or seeds)

Recipe Preparation: Dough

- Oil a large bowl and set aside.
- In another bowl, add yeast to the lukewarm milk with 1 tsp. light brown sugar and stir until yeast has dissolved. Let activate for 10 minutes.
- Meanwhile, grind/crush cardamom seeds with spice grinder or mortar and pestle.
- In the bowl of your stand mixer, fitted with whisk attachment, mix together flour, light brown sugar (less 1 tsp.), cardamom, and salt.
- Change the attachment to the dough hook attachment.
- After yeast has been activated, add your yeast/milk mixture to the flour mixture and mix on low until dough begins to come together. Increase speed to medium-low and add butter. Once all the butter has been added, increase speed to medium and knead for about 5 minutes. You want this to be a fairly loose dough, so whatever you do, don't over knead.
- Scrape dough out onto a lightly floured surface and shape it into a bun, tucking the edges toward the center. Place in your greased bowl, seam side down and cover. Place bowl in a warm place and let it rise for at least 40 minutes.

Recipe Preparation: Filling

- In the bowl of your stand mixer, cream together butter, dark brown sugar, and freshly ground/crushed cardamom seeds and mix together on medium-low until smooth and creamy.

Forming the Buns

- Line baking sheets with parchment.
- Roll out dough into a 13" x 21" rectangle on a lightly floured surface.
- Spread filling onto the rolled out dough rectangle so that it covers from edge to edge.
- Mark 7" sections on the 21" side with the back of a knife so that you have three equal sections. Fold left side to the middle, then fold the right side over the left side. Turn the dough so that the openings are on the left and right sides and roll out the dough slightly.
- Using your ruler and sharp knife or pastry wheel, cut 3/4 inch strands. You should have 15-20 strands.
- Starting from the end, wrap one strand around the tips of your thumb and four fingers (three if you have big hands) twice, twisting slightly as you wrap, then slip your thumb out of the roll, loop the strand around one last time then tuck the end and your thumb loop into the bottom. If you're having trouble, please re-watch the GIF above. Repeat with all strands.

- ❑ Place buns on baking sheets, cover with a kitchen towel and let rise for about 30 minutes.
- ❑ While proofing, preheat oven to 435°F
- ❑ Bake proofed rolls for 7-9 minutes or until tops are golden brown.
- ❑ Immediately brush tops with syrup and sprinkle with cardamom sugar.

Recipe Preparation: Topping

- ❑ While buns are proofing, heat water, light brown sugar, and vanilla bean paste in a small saucepan on high until sugar has dissolved completely. Set syrup aside. Combine fresh ground/crushed cardamom seeds and granulated sugar in a small bowl.