



KANELBULLAR – SWEDISH CINNAMON ROLLS

Makes 18 – Hands on: 40mins – Resting: 1h – Oven: 12mins per batch

For the dough:

80g butter
25g fresh yeast
250ml milk, lukewarm
40g butter
420g strong bread flour
1 tsp ground cardamom
¼ tsp salt
1 egg, beaten

For the filling:

80g butter, soft
1 tsp flour
1 tbsp cinnamon
1 tsp vanilla sugar
80g sugar

For the topping:

1 tbsp milk
Golden syrup
Pearl sugar

Start by making the dough. Melt the butter and leave to cool slightly.

Crumble the yeast into the milk, and stir to dissolve. Put into a mixing bowl with the butter and mix.

Add the sugar and mix.

In a separate bowl, mix the flour, cardamom and salt. Gradually add to the liquid mixture while beating. Add ½ the beaten egg and knead for 5 minutes. You want a soft, slightly sticky dough.

Cover the bowl with a teatowel and leave to rest for 30mins.

Meanwhile, mix all the filling ingredients in a bowl.

After 30 mins, turn the dough onto a lightly floured surface and briefly knead. Roll out to a 40x50cm square.

Spread the filling all over the surface of the dough. Fold over the top half of the dough and roll over the new rectangle one time.

Cut the rectangle into 18 strips. Roll each strip so that it gets a twisted shape, then fold into a snail, folding the end over the top and tucking it in below so you get a knot.

Put all the knots onto baking trays lined with baking paper. Cover with teatowels and leave to rest for 30mins.

Preheat the oven to 180°C fan.

Mix the remaining beaten egg with 1 tbsp milk.
Brush each knot with the egg wash.

Bake in the preheated oven for 12 minutes.

Heat the golden syrup in a microwave so it becomes runny. Brush each warm bun with golden syrup, then sprinkle with pearl sugar.

TIP: These freeze really well, so I like to keep a batch in the freezer for weekend breakfast treats.

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