

Cinnamon Rolls

Taken from "Very Swedish" by Annica Triberg

October 4 is Cinnamon Roll Day (*kanelbullens dag*) in Sweden. Rolls are baked by schoolchildren and bakeries work at high-stress. The cinnamon bun is by mile Sweden's bun of choice. In the early 1400s, the Spaniards and Portuguese scoured the world for spices (amongst other treasures). And when Sweden's East India Company was founded in Gothenburg in 1731, spices were a major cargo.

Makes about 40 rolls.

- 150 g (5.3 oz) butter
- 500 ml (generous 2 cups) milk
- 50 g (1 ¾ oz) fresh yeast (approx. 12 g / 1 ½ tbsp dried)
- 120 g (scant ¾ cup) caster sugar
- 1 tsp salt
- 1 tsp crushed cardamom seeds
- About 570 g (6 1/3 cups) white flour
- 40 muffin cases, lowline (optional)

Filling

- 150 g (5.3 oz) butter
- 200 g (1 cup) caster sugar
- 8 tbsp cinnamon
- Glaze
- 1 egg
- granulated sugar

Instructions

- Melt the butter in a saucepan, add the milk and warm to 37C/99F. Crumble the yeast into a bowl. Add the milk mixture, absorbing the yeast. Add sugar, salt and the cardamom. Mix in the flour a little at a time, saving 1 dl. Knead the dough until it is smooth and detaches from the sides of the bowl (about 10-12 min.) Cover and leave to rise for about 30 minutes.
- Beat the butter, sugar and cinnamon until smooth. Arrange the muffin cases on baking trays (optional). Set the oven to 225C/450F/GM8.
- Empty the dough onto a baking board (with your saved 1 dl flour) and divide in half. Roll out each into a rectangle. Spread filling on one half of the

rectangle. Gently press the other half over, then cut into about 20 strips. Twist each strip and knot it. Put the knots into the muffin cases, or on a baking sheet. Cover with a cloth and let rise for about 20 minutes.

- Glaze the buns with beaten egg and sprinkle with granulated sugar. Bake in the middle of the oven for about 10 minutes. Cover the buns and let cool on a grate.