



STOCKHOLM

YOUR PERSONAL GUIDE TO THE SWEDISH WAY OF LIFE

KANELBULLENSDAG

Every year on the 4th of October we celebrate "Kanelbullens Dag" - Cinnamon Bun Day! An estimated 8 million buns are sold every year on this day and they will be served together with the traditional "fika" in offices, cake shops and in homes around Sweden.

KANELBULLAR

Dough

1 tbsp ground cardemom (kardemumma)
2 dl milk
1 dl cream (grädde)
50 g fresh yeast (jäst - red packet)
1 1/2 dl sugar
1/2 tsp salt
100 g butter (salted)
1 egg
approx. 11 dl flour

* * *

- Crumble the yeast in a large bowl. Melt the butter and then add the milk, cream, cardemom, sugar and salt. Slowly pour the warm mixture (must not exceed 37°C) over the yeast, making sure the yeast dissolves. Mix in the egg.
- Add half of the flour, mixing continuously - add some more flour while vigorously kneading the dough with a large spoon (or in a mixer). When the dough no longer sticks to the side of the bowl, it is ready. Cover it with a towel and leave it to rise in a warm and draft free area for 45-60 minutes.

Put the oven on at 200°C. Knead the dough on a flat surface with a little flour. Divide the dough in to 3 pieces. With a rolling pin roll out the dough into a rectangle (30x25cm). Add the filling 1, 2, or 3: (**the measurements for the filling is for all the dough – if you want to use all the three different fillings then use only 1/3*).

Filling 1)*

200 g soft butter (salted)

1 dl sugar

1-2 tbsp cinnamon (kanel)

1-2 dl raisins (russin) – this is optional

1 dl pearl sugar (pärlsocker) or ordinary

1 egg

or

Filling 2)*

100 g soft butter (salted)

1 ½ dl almond paste (mandelmassa)

1 dl sugar

1-2 tbsp cinnamon (kanel)

1 dl pearl sugar (pärlsocker) or ordinary

1 egg

or

Filling 3)*

200 g soft butter (salted)

1 dl sugar

½-1 tbsp cinnamon (kanel)

½-1 tbsp cardemom (kardemumma)

Syrup and water, ½ tbsp cardemom/½ dl sugar mix

- 1) Spread some soft butter evenly over the rectangle, add the raisins and sprinkle over the sugar and cinnamon, or
- 2) Mix together the soft butter and grated almond paste, spread evenly then sprinkle with some sugar and cinnamon, or
- 3) Spread some soft butter, sprinkle evenly over with some sugar, cinnamon and cardemom.
- From the bottom up, roll together the rectangle. With a sharp knife cut the roll into 10 equal slices and place each slice in to a paper cupcake wrapper or straight on to a tray covered with baking paper. Cover with a towel and allow to rise for about 45-60 minutes.
- When ready for the oven, brush the cinnamon rolls with egg wash. With filling 1 and 2 sprinkle with pearl sugar. Place in the middle of a preheated oven and bake for 7-10 minutes, or until done. With filling 3, once you have taken the buns out of the oven, brush with the syrup/water then straight away sprinkle with the cardemom/sugar mixture.

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