



STOCKHOLM

YOUR PERSONAL GUIDE TO THE SWEDISH WAY OF LIFE

FETTISDAGEN or SEMMELDAGEN

As we are approaching Fettisdagen or Semmeldagen we thought you might like to have the recipe handy – just in case you wish to bake one yourself. If not, you can easily find these cakes in the stores and cake shops all over Sweden.

Traditionally the Semla was eaten on *Fettisdagen* (Shrove Tuesday or Fat Tuesday) as a feast before the Christian fasting period of Lent. Initially the Semla was simply a bun, eaten soaked in hot milk (known as *hetvägg*). Nowadays, they are filled with almond paste and whipped cream and come in different sizes and variations (the latest version as a wrap).

SEMLOR (makes 18 large or 30 small)

BUNS

2 tsp ground cardamom (Kardemumma)
3 dl milk (Mjök)
50g fresh yeast (Jäst)
1 1/2 dl sugar (Socker)
1/2 tsp salt
150g soft butter (Smör)
1 egg
11-12 dl flour (Mjöl)

Melt the butter, add the milk and heat to 37° Celsius.

Crumble the yeast into a bowl and let it dissolve with the milk mixture adding the sugar, cardamom, salt and egg.

Add flour (a little at a time) and work into a smooth dough. Let it rise to double the size under a towel for about 40-50 minutes. When ready - turn out the dough on a floured table. Divide the dough into 18 pieces and roll them into round balls (I prefer small ones so approx. 30). Place them on baking paper on a baking tray and leave to

rise under a kitchen towel for 45-60 minutes.

Put the oven on at 200° celsius.

When they have risen – brush with whipped egg and bake in the oven for 6-7 minutes.

HOME MADE ALMOND PASTE

250 g Almonds (Mandel)
A touch of ground cardamom
Icing sugar to taste (Florsocker)
Cream

Blanch and peel the almonds. Mix the almonds to a fine powder in a blender. Add sugar, cardamom and mix until it becomes a smooth paste – add a bit of cream to make it smoother.

Once the buns have cooled. Cut out a triangular "hat" and fill the hole with some of your home made almond paste. Add some sweetened whipped cream on top of the filling, replace the "hat", dust with confectioner's sugar and serve.

N.B. Semla is singular, Semlor is plural

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