



# STOCKHOLM

YOUR PERSONAL GUIDE TO THE SWEDISH WAY OF LIFE

## LUSSEBULLE RECIPE

### Ingredients

- 1 g (1 tsp) saffron threads or readily ground saffron, (2 pkts)
- 3 g (½ tsp) sugar
- ½ tbsp vodka (or cognac)
- 36 raisins
- 250 ml (1 cup) milk
- 75 g salted butter
- 450 g (3½ cups) flour
- 65 g (4½ tbsp) caster sugar
- 1 tsp baking powder\*
- 7 g "fast action" dried yeast, 1 packet\*
- 1 egg, lightly beaten to glaze

### Method

1. Place the saffron threads in a mortar with the sugar and grind with the pestle until evenly mixed. Pour over the vodka and leave to stand for at least 30 minutes.
2. Place the raisins in a bowl, pour some water over them and then leave them until required.
3. Heat the milk until warm, between 35°C and 40°C (95°F to 105°F).
4. Melt the butter separately, allow to cool slightly and then stir into the milk mixture.
5. Sift the flour into a bowl. Add the sugar and baking powder. Mix with a spoon.
6. Add the yeast and mix with a spoon.
7. Stir in the mortared saffron and the milk mixture. Bring together to form a dough.
8. Knead the dough until smooth and elastic. Cover with a cloth and leave in a warm draught-free place for about an hour or until it has doubled in size.
9. Tip the dough out on to a floured surface and punch once or twice to knock it back. Divide into about 16 equally sized pieces.

10. Using your fingers roll out each piece so that it is about 30 cm (12") long, as thick as your finger and curl into tight S shapes. Place each one on a lined or greased baking sheet. Cover loosely and leave for about 30 minutes until doubled in size again.

11. Preheat the oven to 220°C (425°F, gas 7, fan 190°C).

12. Brush the buns with the beaten egg add a raisin into the centre of each of the two coils. Bake for 8-10 minutes until golden brown. Leave to cool on a wire rack.

\*I prefer replacing the baking powder and dry yeast with fresh yeast (50g/1 pkt) which I break up and dilute with the butter and milk mixture - make sure the fluids are approx. 38°C.

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