

Cinnamon buns

Ingredients for 24 cinnamon buns

5 dl milk
50 g yeast
150 g room temperature butter
1 dl sugar
Salt tsp salt
1 tablespoon freshly ground cardamom
13 dl wheat flour + a little for baking
Filling
150 g room temperature butter
1 dl sugar
2 tablespoons cinnamon
1 tablespoon breadcrumbs
Brushing
1 dl water
1 dl sugar
pearl sugar

How to make

1. Heat the milk to 37 degrees.
2. Crumble the yeast in a bowl. Pour over the milk and stir. Add the butter in small pieces together with the sugar, salt and cardamom.
3. Add the flour and work the dough for 5 minutes in a machine, or 10 by hand. Let the dough rise covered with a baking sheet for 30 minutes.
5. Stir together butter, sugar, cinnamon and breadcrumbs for the filling. Knead the dough lightly on a floured surface. Roll out into a large rectangle, about 60x40cm.
7. Spread a thin layer of filling on the dough. Fold the dough once long side to long side. Roll a couple of times to get a smooth dough to cut into.
8. Cut thin strips about 1 cm. Pull them gently to make them long and roll up 2-3 of the strips into a clew and place on plates with parchment paper. Leave to rise under a baking sheet for 30 minutes. Set the oven to 225 degrees.
10. Bake the buns in the middle of the oven for 8-10 minutes.
11. Boil water and sugar to a syrup. Brush the buns with the syrup as soon as they come out of the oven and sprinkle with pearl sugar. Place the buns on a wire rack and allow to cool.