

Kardemummabullar

Ingredients

2 1/2 t Yeast (5 grams)
1 1/2 c Milk (250 grams)
2/3 c Unsalted Butter (160 grams)
3/4 c Brown Sugar (100 grams, plus
2 tablespoons)
3 1/2 c Bread Flour (420 grams)
2 1/2 t Cardamom
1 t Salt
1 Egg (beaten)
1 t Flour
1 T Cinnamon
1 T Sugar
1 T Water

Instructions

- 1.First, warm up the milk add the yeast and whisk. Pour it into the bowl of a stand mixer with a dough hook, add 1/3 cup (80 grams) melted butter and 1/4 cup plus 2 tablespoons brown sugar (40 grams) and start mixing at low speed.
- 2.In another bowl, mix bread flour, 2 teaspoons cardamom and salt. Gradually add them into the stand mixing bowl.
- 3.Add half the beaten egg and keep kneading for about 10 minutes (do the windowpane test). The mixture should be sticky and not too much dry (you can always adjust later). Cover the bowl with plastic wrap and allow to rise for 45-50 minutes or until it has doubled in size.
- 4.Meanwhile in a small bowl, mix 1/3 cup softened butter (80 grams), flour, cinnamon, 1/2 teaspoon

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cardamom and 1/2 cup brown sugar (60 grams).

5. When the dough has doubled, turn it out onto a lightly floured surface and roll it out to a 15 3/4 in. x 19 1/3 in. rectangle. Spread the filling over the rolled-out dough, using a spatula. Fold the dough in half lengthwise. Using a pizza cutter, cut 16 strips widthwise.

6. Take one strip and gently twist it around a few times. Curl into a "knot" and make sure both ends are tucked under so they do not open during baking. Line two baking trays with parchment paper.

7. Place the kardemummabullar spaced well apart, and leave to rise under a plastic wrap for 45 minutes.

8. Preheat the oven to 390°F, brush

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kardemummabullar with the reserved half a egg then bake them for 12-15 minutes or until golden brown.

9.Add sugar and water to a bowl and microwave until warm and sugar is dissolved. Brush kardemummabullar with sugar syrup as soon as you take them out of the oven. Transfer to a wire rack to cool completely.