

Cinnamon Buns (Kanelbullar)

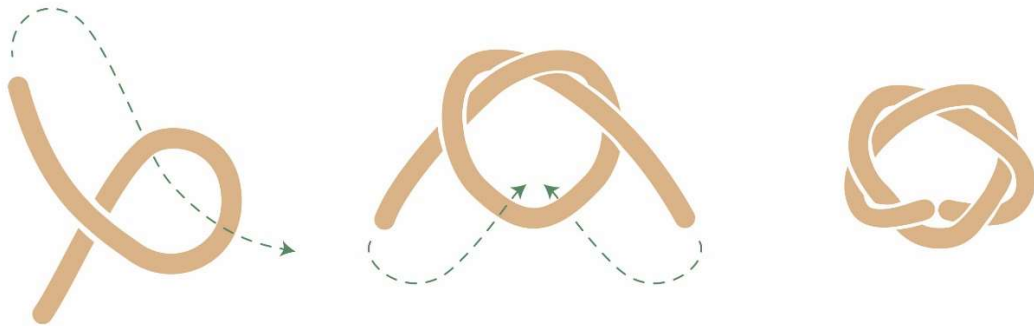
INGREDIENTS

Dough	
500g	Strong White Bread Flour
50g	Caster Sugar
8g	Instant Yeast
10g	Salt
1 tsp	Crushed Cardamom Seeds (Husks Removed If Using Pods)
1	Finely Grated Zest Of An Orange
100g	Unsalted Butter
230g	Whole Milk
2	Large Eggs
Filling	
100g	Unsalted Butter (Room Temperature Soft)
100g	Caster Sugar
2 tbps	Ground Cinnamon

METHOD

1. Put all the dry ingredients, including the Cardamom and orange zest, into a KitchenAid or a large bowl. Melt the butter in a small pan, then remove from the heat and add the milk – this will cool the butter and also take the chill off of the cold milk. Combine the warm butter/milk mixture with the dry ingredients, add the eggs and then mix on a low speed (1-2) for 8 minutes. The dough should look smooth, stretchy and well homogenised. Scrape any dough off the dough hook, cover the bowl with a plate, tea towel or sheet of Clingfilm and allow to proof at room temperature for 1 to 2 hours. You could also proof the dough overnight in the fridge for enhanced flavour development.
2. To make the filling, beat together the soft butter, the caster sugar and the cinnamon until well combined.
3. Tip the dough out onto a lightly floured surface, sprinkle a little extra flour on top and then using a rolling pin, roll the dough out into a rectangle approximately 40 x 60 cm.
4. Spread the filling mixture over the entire surface of the dough. Then, like you are folding a letter, fold the left third of the dough in towards the centre, followed by the right third over that. You will end up with three layers of dough separated by two layers of cinnamon butter.
5. Again, using an extra dusting of flour so stop it sticking, gently roll the dough out to a rectangle of approximately 40 x 20 cm.
6. With the long side of the rectangle facing you, use a pizza cutter or a knife to slice the dough into 2 cm ribbons.
7. Working with one strip at a time, gently twist it whilst stretching it to about 30 cm. Tie the strip into a basic overhand knot – right over left. Now continue to twist the right-

hand length of dough under and the left-hand length over. They will meet in the middle where you can pinch them together, creating a cinquefoil knot.



8. Place the knot on a large baking sheet lined with baking parchment and repeat with the remaining strips of dough. Leave enough space between each knot so they don't proof into each other – approx. 5cm/2".
9. Cover the knots with a kitchen towel and allow them to rise at room temperature for 40-50 minutes. They should grow noticeably, but don't let them proof too far or they will lose their definition and just merge into single mass.
10. Pre-heat your oven to 200c then bake the buns for 15-18 minutes.
11. Transfer to a wire rack to cool for a few minutes – It is nice to serve these buns warm, so they are super soft and fragrant. If you aren't eating them straight away, either reheat them in a warm oven for a few minutes or simply serve them cold.