



VAXHOLMS BED & BREAKFAST

ETT LITET HEMMA-HOS-HOTELL

Traditional Swedish cinnamon buns

Dough, 40 buns

75 grams of fresh yeast (room temperature)
(If dry yeast, use 20 grams)
5 deciliters of milk (500 grams, room temperature)
2 deciliters of sugar (180 grams)
2 eggs (room temperature)
1 teaspoon of salt
1 tablespoon of cardamom
1 – 1,1 kilo wheat flour (high protein / gluten)
200 grams of butter (room temperature)

Filling

175 grams of butter (room temperature)
2 deciliters of sugar
0,5 dl of breadcrumbs
1 tablespoon of water
2 tablespoons of cinnamon (or more)

Topping

1 egg
1 small pinch of salt
1 tablespoon milk
Pearl sugar for decoration

Instructions

1. Take out all refrigerated ingredients and let them get room tempered.
2. Sprinkle the yeast in a kitchen aid or bowl. (If you use dry yeast, skip this part and add the yeast to the flour at this time instead).
3. Add the milk, sugar, eggs, cardamom and salt. Stir so that nothing sticks to the bottom.
4. Add the flour (or the flour and dry yeast mix if you bake on dry yeast)
5. Start the kitchen aid and add the butter in small pieces.
6. Work the dough with the machine (around 15 minutes) or by hand. You know the dough has worked enough when it looks smooth and glossy. Double check by doing a “gluten test” to make sure that the gluten threads are strong enough (Gluten test: Put flour on your fingers and grab a small piece of the dough. Dip it in flour and stretch it gently with your fingers to a square. If you can stretch it so that it is thin as a “nylon stocking” and almost see through without breaking the dough is ready).
7. Allow the dough to proof to double-size under a cloth (45 – 60 minutes). If you work in a cold room it will take longer. The warmer the room the quicker.
8. Meanwhile, mix all the ingredients for the filling.
9. Turn the dough out onto a floured worktop and roll it out into a lying rectangle (0,5 – 1 cm thick).
10. Spread the cinnamon filling on the dough. Make sure there is filling all the way out to each end.
11. Fold the square in three (towards you) and cut into 40 strips. Twist to cinnamon buns and place on baking sheets covered with baking paper.
12. Cover with plastic or a damp cloth and allow to proof until doubled size (45 – 60 minutes). Meanwhile, heat the oven to 250 °C, 480 °F).
13. Whisk together eggs, salt and milk to make an egg wash. Brush it very gently over the buns. Top with pearl sugar.
14. Place in the middle of the oven and bake until the buns have a golden color (7 – 8 minutes).
15. Let cool on a wire rack. Enjoy!

Contact

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