



Kanelbullar

Cinnamon buns

Ingredients 25 buns

35 g (1 ¼ oz) yeast
100 g (3½ oz) sugar
300 ml (1½ cup) milk
1 egg
120 g (4 oz) butter
1 tsp salt
1 tbs ground cardemom
750 g (26 oz) wheat flour

Filling:

100 g (4 oz) butter
50 g (2 oz) sugar
2 tbs cinnamon

Glaze:

1 egg
2 tbs water
pearl sugar



1. Crumble the yeast in a bowl and stir in a few tablespoons of milk. Melt the butter and pour the milk on it.
2. Add the rest of the ingredients and knead the dough.
3. Let the dough rise while covered at room temperature for 30 minutes.
4. Roll out the dough so it is about 3 mm thick and 30 cm wide.
5. Spread the room-temperature butter on top. Make a mixture of sugar and cinnamon and sprinkle it over the dough.
6. Roll the dough the long way and cut the roll into about 25 slices.
7. Place them with the cut edge upward in paper molds.
8. Place them on a baking sheet and let rise under a towel for about 60 minutes or until the buns have doubled in size.
9. Beat together the egg and water, brush the mixture carefully on the buns and sprinkle pearl sugar on top.
10. Bake in the oven (220C/425F) for 5-6 minutes.
11. Cool on a rack.

We like cinnamon buns because they taste good and because it is typical Swedish. We can bake ourselves, but our parents and grandmothers usually bake and we help them. In Sweden we celebrate "The cinnamon bun Day" on October 4, and this day we bake or buy many buns and eat a lot, but we also eat them on weekdays.

Nathalie and Isabell 12 years old