



RECIPE... SWEDISH CINNAMON BUNS

Ingredients

BUNS

- 2 CUPS MILK, ROOM TEMPERATURE
- 120G BUTTER, MELTED
- 2 SACHETS DRIED YEAST (14G)
- 1/2 TSP SALT
- 2/3 CUP SUGAR
- 5-6 CUPS FLOUR

FILLING

- 120G BUTTER
- 1/2 CUP SUGAR
- 2 TBSP CINNAMON
- 1 EGG BEATEN
- PEARL SUGAR (OR BROWN SUGAR), FOR DECORATING.

TEMP: 250C

PREPARATION TIME: 30 MINS

DIFFICULTY: 1 2 (3) 4 5

SERVES: 4

RATING: ★ ★ ★ ★ (★)

Recipe

1. PUT THE MELTED BUTTER AND MILK INTO A LARGE BOWL THEN ADD THE YEAST, SUGAR AND SALT AND MIX WELL.

2. SLOWLY ADD THE FLOUR ONE CUP AT A TIME, UNTIL THE DOUGH HAS TAKEN SHAPE.

3. TURN THE DOUGH OUT ONTO A FLOURED SURFACE AND KNEAD FOR ABOUT 3 MINUTES, UNTIL SMOOTH.

4. PLACE THE DOUGH BACK INTO THE BOWL, COVER WITH A CLOTH AND LEAVE IN A WARM SPOT FOR AROUND 45 MINUTES.

5. PRE-HEAT THE OVEN TO 250C.

6. PLACE THE BUTTER, SUGAR AND CINNAMON IN A PAN UNTIL MELTED. SET ASIDE.

7. WHEN THE DOUGH HAS RISEN, REMOVE FROM THE BOWL AND KNEAD IT ON A FLOURED SURFACE UNTIL SMOOTH AND ELASTIC.

CUT THE DOUGH IN HALF AND ROLL IT INTO TWO RECTANGLES ABOUT 1/2 CM THICK.

8. SPREAD THE BUTTER MIXTURE OVER THE TWO RECTANGLES. ROLL EACH RECTANGLE TIGHTLY TO FORM A CYLINDER. USING A

SHARP OR SERRATED KNIFE, CUT EACH ROLL INTO APPROXIMATELY 15 - 20 PIECES.

9. PLACE EACH SLICE INTO A PAPER CUPCAKE WRAPPER AND BRUSH WITH THE BEATEN EGG. THEN SPRINKLE WITH SOME PEARL SUGAR.

10. BAKE THE ROLLS IN THE OVEN FOR ABOUT 5 - 7 MINUTES UNTIL GOLDEN BROWN.