

Cinnamon buns

Kanelbullar



Tips

- **Pearl (fine) sugar**, sometimes called sugar nibs, can be bought online or in specialist shops. If you can't find any you can use demerara or natural sugar crystals instead. Alternatively, try some almond flakes (slivers).
- The rolls freeze well and are wonderful reheated for a leisurely breakfast (5 minutes in warm oven if already defrosted, 10 minutes from frozen). If you are short of time, heat them for 30 seconds in a microwave on medium power.
- Join in the Swedish custom and bake some for *Kanelbullens Dag* (Cinnamon Bun Day) on 4th October. Swedish bakers expect to sell three times as many *kanelbullar* on *Kanelbullens Dag* as on a normal day.

Ingredients

Dough

1 cup	whole milk (3-4%)
3 ½ oz	unsalted butter
1	egg
4 cups	strong white flour (bread flour)
½ tsp	ground cinnamon

¼ cup	fine sugar
1 tsp	salt
¼ oz.	fast action dried yeast (1 packet yeast)

Filling

¾ cup	light brown sugar
3 tbsp	ground cinnamon
¼ cup	unsalted butter, very soft

Finishing glaze

1	egg, lightly beaten
3 tsp.	fine sugar

Method



1. To make the dough place the milk and butter into a saucepan over medium/low heat and cook until the butter has melted. Remove from the heat and allow to cool slightly and, once lukewarm, mix in the egg.

2. Place the flour, cinnamon, sugar and salt into large bowl and mix together.



3. Add the dried yeast and mix thoroughly.



4. Add the liquid mixture and mix to form a rough dough. Tip out onto the work surface and knead for 5-10 minutes until the dough is smooth and elastic.



5. Place the dough in a clean bowl and cover with cling film. Place somewhere warm and allow to rise until doubled in size, about an hour.

6. Line two baking trays with parchment paper and set aside. Turn the dough out onto a lightly floured work surface, flatten into a rough rectangle and then roll out until approximately 25 cm x 35 cm (10" x 14").



7. For the filling mix the sugar, cinnamon and butter together to form a smooth paste. Using a spatula or spoon spread the filling evenly across the dough.



8. Roll the dough along the long edge into a sausage. Using a serrated knife or dental floss cut into twelve rounds. Place onto the prepared baking trays and cover with a kitchen towel. Allow to rise until almost doubled, about 45-60 minutes.



9. Whilst proving, preheat the oven to 180°C (360°F, gas 4, fan 160°C). When ready to bake brush the buns with a little beaten egg and sprinkle with pearl sugar, then bake in the preheated oven for about 20-25 minutes or until golden brown. Best served still warm.