

Kanelbuller – Swedish Cinnamon Buns

Makes 12

Tangzhong *(See note at bottom of page 3):*

- 5 T water
- 5 T whole milk
- 3 T flour

Dough:

- 70 g, melted unsalted butter, cooled
- 120 ml whole milk, slightly warm
- 7 g instant yeast
- ½ tsp ground cardamom
- 1 tsp fine sea salt
- 50 g granulated sugar
- 390 g flour + 2 T
- 1 large egg
- All of the tangzhong cooled

Filling:

- 70 g soft unsalted butter
- 1 tsp all-purpose flour
- Pinch of fine salt
- 3 T packed light brown sugar
- 2 tsp ground cinnamon

Egg Wash and Topping:

- 1 large egg
- 1 T water
- Pearly sugar for topping



Tangzhong:

1. Combine **water**, **milk** and **flour** in a medium saucepan. Whisk until combined and no lumps remain.
2. Place saucepan over medium heat and cook mixture, whisking constantly, until it thickens, about 1-2 minutes. Set aside to cool.

Dough:

3. Melt the **butter** and warm the **milk** to give them a chance to cool slightly.
4. Combine **yeast**, **cardamom**, **salt**, **sugar** and **flour** in the bowl of a stand mixer. Whisk briefly by hand to combine.
5. Attach the dough hook to the mixer.
6. Add melted and cooled **butter**, slightly warm **milk**, **egg** and the cooled **tangzhong** (it can be slightly warm to the touch) to the dry ingredients.
7. Mix on **medium low** until fully combined, scraping down the sides of the bowl as necessary.
8. Increase mixer speed to **medium** and knead mixture for **4 minutes** or until dough is smooth and clears the side of the bowl. It's okay if it's sticking to the bottom of the bowl.
9. Cover bowl with plastic wrap and allow the dough to **rise for 1 hour or until 1½ or 2 times its original size**.

Filling:

10. Combine **butter, flour, salt, brown sugar** and **cinnamon** in a medium bowl. Using a fork, mix ingredients together until a smooth, spreadable paste forms.
11. Once the dough has risen, preheat oven to **225°C**. Line two baking sheets with parchment paper.
12. Remove the dough from the bowl and place it onto a clean countertop. Roll out with a rolling pin until it is in the shape of a rectangle that is about 40 by 51-cm in size. The dough should be smooth enough that you do not need to add flour during the rolling process. If yours is sticking the rolling pin, however, sprinkle a little flour over the dough as necessary to prevent this from happening.
13. Using an off-set spatula, spread filling in a thin layer over the entire surface of the dough.



14. Fold the dough like a business letter going the long way: bring the top third of the dough down over the center third and bring the bottom third up over both the center and top third. You may need a metal dough scraper to help coax your dough from the counter top if it is sticking. Roll out folded dough just to flatten slightly.



15. Using your dough scraper, sharp knife or a pizza wheel, cut the folded dough into 12 equal size pieces.
16. Working with one piece of dough at a time, twist the strip of dough as you hold it between your thumbs and forefingers until it has a nice spiralized appearance.



17. While you continue to hold the dough in the thumb and forefinger of one hand, use your free hand to wrap the twisted strip of dough around the three middle fingers of the hand that holds the dough strip, tucking the last bit of the dough strip up and through the center of the circle you have just created (see photo).

18. Place shaped bun on a prepared baking sheet. Once you have six buns shaped and placed on one of the baking sheets, cover with plastic wrap and set aside. Continue with remaining buns, shaping and placing them on the second baking sheet before covering with plastic wrap. Let covered buns **rise for an additional 30-45 minutes**.



Egg wash.

19. Whisk **egg** and **water** together in a small bowl.
20. Once the buns have risen and are ready to go into the oven, remove plastic wrap and brush the surface of each bun with the egg wash.
21. Generously sprinkle **pearl sugar** over the top of each bun.
22. Starting with the batch of buns you shaped first, **bake one pan of buns at a time** for **12-14 minutes or until golden brown**. Repeat with remaining pan.
23. Move to a wire rack to cool slightly and serve.

Store at room temperature in an airtight container for up to two days.
Rewarm for a few minutes in a 150°C oven if desired.

<https://true-north-kitchen.com/swedish-cinnamon-buns/>

Note:

Tangzhong

Tangzhong is an Asian technique that calls for pre-cooking a portion of the raw flour in a recipe with a liquid (usually water or milk) until it forms a paste. Then, this paste can be added to dough, resulting in bread that's tenderer, more fluffy, and lasts longer before staling.

「タンジュン」というのは、生地の一部を液体(通常は水や牛乳)と一緒にレシピに書かれた小麦粉を予め煮るアジアの技法です。その後、このペーストを生地に加えることで、より柔らかく、もちりとしたパンができ、新鮮な状態が長持ちします。