



VAXHOLMS BED & BREAKFAST

A SMALL HOTEL AT OUR HOME

TRADITIONAL SWEDISH CINNAMON BUNS

DOUGH

75 grams of yeast (room temperature)
5 deciliter milk (room temperature)
2 deciliter sugar
2 eggs (room temperature)
1 teaspoon salt
1 tablespoon cardamom
1-1,1 kilo wheat flour (high protein/gluten)
200 grams of butter (room temperature)

FILLING

150 grams of butter (room temperature)
1,75 deciliter sugar
2,5 tablespoons breadcrumbs
1 tablespoon water
2 tablespoon cinnamon

TOPPING

1 eggs
1 small pinch of salt
1 tablespoons milk
granulated sugar for decorating

1. Take out all refrigerated ingredients and let them get room-tempered.
2. Crumble the yeast in a kitchen assistant. Add the milk and stir a little so the yeast begins to dissolve.
3. Add sugar, eggs, cardamom, salt and wheat flour.
4. Start the kitchen assistant and add the butter in small pieces.
5. Work the dough really smooth with the machine (15-20 minutes) or by hand. You know it's ready when the fat begins to come up to the surface making the dough glossy. Double check by doing a "gluten test" to make sure that the gluten threads are strong enough (put flour on your fingers and grab a small piece of the dough. Flatten it with your fingers to a square and pull gently. If you can stretch it so that it's thin as a "nylon stocking" without breaking the dough is ready).
6. Allow the dough to rise to at least double size under a cloth (45 – 60 minutes).
7. Meanwhile, mix all the ingredients for the filling.
8. Put the dough on a floured baking table and roll it out into a square (1 cm thick). Spread the cinnamon filling, make sure there is filling all the way out to each end.
9. Fold the square in the middle (towards you) and cut into 40 strips. Twist gently to cinnamon buns and place them on baking sheet-coated oven trays. Make sure that all ends are tight under the bun. [Alternatively you can simply roll the rectangle from long side to long roll, brush the edge with a little water to attach it better, cut into 2-3 cm thick pieces and put on the oven trays].
10. Rise under plastics or a damp cloth to double size (45-60 minutes). Meanwhile, heat the oven to 250°C.
11. Beat together eggs, salt and milk. Brush very gently or spray over the buns. Sprinkle with granulated sugar.
12. Put the tray in the middle of the hot oven and immediately spray water little under the baking tray to give the buns some extra steam/heat rush. Bake for 7-8 minutes, until the buns have a golden color.
13. Move the hot buns to a net to cool down. Enjoy your home baked cinnamon bun!

VAXHOLMS BED & BREAKFAST is a small hotell in our home, a 1930's villa in a quiet residential area on the island of Vaxholm in the Stockholm archipelago. The Bed & Breakfast is open all year round and in addition to accommodation we offer Cinnamon Bun baking classes and cook-alongs in our kitchen for smaller private groups. Every now and then we also open up our garden and greenhouse and serve soup lunches and "Swedish fika" to anyone who fancy a warming lunch or a nice cup of coffee and Swedish pastries. The greenhouse is also bookable for private dinners and lunches.