

## ONE DOUGH – MANY BUNS (KANELSNURR)

Serving 15

### **INGREDIENTS:**

**300 ml milk**  
**1 package (7 grams) dry, active yeast**  
**500 grams all-purpose flour**  
**1 teaspoon salt**  
**1 teaspoon ground cardamom**  
**75 g sugar**  
**1 egg, beaten**  
**75 g butter, melted**  
**Filling:**  
**115 g butter, softened**  
**6 tablespoons ground cinnamon**  
**75 g sugar**

### **PREPARATIONS:**

1. Heat the milk until slightly warm (but not hot). Pour half to the milk into the bowl of your mixer and add the yeast. Allow the yeast to proof for 5 minutes, then add the remaining dry ingredients. Using the dough hook, mix on medium speed to form a dough.
2. Add the egg and mix to incorporate.
3. Slowly add the rest of the warm milk to the dough and mix at low speed for 5 to 7 minutes.
4. When the dough sticks to the hook and pulls away from the sides of the bowl completely, add one third of the melted butter. Continue mixing to incorporate, and repeat twice until the remaining butter is thoroughly incorporated.
5. Cover the bowl with a tea towel or plastic wrap/cling film and set aside to rise for 45 to 60 minutes, or until the dough has doubled in size.
6. While the dough is rising, mix the butter, cinnamon, and sugar to form a soft paste. Set aside.
7. Pre-heat the oven to 200° C. Line a baking sheet with parchment paper and set aside.
8. Once the dough has risen, knead the dough on a lightly floured surface for approximately 5- to 7 minutes. The dough will feel slightly oily to begin with.
9. Roll out the dough into a large, flat circle. Spread the cinnamon paste on half the circle. Fold the opposite half of the circle on top of the filling and cut into strips that are 2 1/2 centimeters (1 inch) wide.
10. To create the classic twisted shape, twist the strand, then tie it into a knot. Transfer all the cinnamon buns to the baking sheet and allow to rise for an additional 15 minutes.
11. After the buns have risen, brush with beaten egg and bake for 15 minutes, or until light golden brown.