



Mini Cardamom Buns with Almond Custard

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The Recipe

Cardamom buns are traditionally eaten in Norway, Sweden and Denmark on Shrove Tuesday, and make an especially great Autumn treat. Preferably you would make the dough the night before baking as the overnight ferment really improves flavor and texture, but if you're pressed for time just make sure you allow 30 minutes or so in a warm place for the first proving (rather than overnight) and use a double the quantity of yeast to compensate for the shorter proving time.

Dough

- 325ml whole milk
- 50g butter
- 500g refined spelt (or plain) flour
- 75g caster sugar
- 1½ tsp ground cardamom
- 2 tsp fine sea salt
- 15g fresh yeast or 7g dried yeast

Filling

- 500ml fresh, real custard (homemade or ready-made) or skoleboller custard
- 50g whole almonds, roughly crushed

To Finish

- 1 medium egg, beaten.
- Icing sugar to dust

Scald the milk in a small pan with the butter and then allow it to cool. Sift flour, sugar, cardamom and salt into a large bowl. If fresh yeast, cream it with a teaspoon of sugar in a small bowl and once it is liquid (after about 30 seconds), add to the dry ingredients. Make a well in the middle of the dry ingredients and add the scalded milk, which should be warm but not hot to the touch. Stir together until doughy. Place in fridge overnight if possible. Stir the almonds into the custard. Allow to cool completely before refrigerating until needed. When ready to bake, allow dough to come to room temperature. Lightly oil two baking sheets. Divide the dough in two and divide one half in 12 equal-sized pieces and roll them into little round buns. Repeat with the other half of the dough, cover the buns and set aside to prove in a warm place for 15-20 minutes until they don't spring back. Lightly glaze each bun with a little beaten egg. Preheat the oven to 200°C. Splash a little water in the bottom of the oven for steam to help them to rise. Bake on the upper middle shelf for 10-15 minutes. The cooked buns should look golden brown and sound hollow when you tap them. Allow to cool on a wire rack. When you're ready to fill the buns, simply halve and dollop a spoonful of almond custard on the bottom half, then cover with the top half and dust with icing sugar. Eat with obvious enjoyment!