

Norwegian Cinnamon Buns - Norsk Kanelboller

Prep time

90 mins

Cook time

15 mins

Total time

1 hour 45 mins

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Cuisine: Norwegian

Serves: 20



Ingredients

- _____ 1 kilogram (2.2 lbs.) flour
- _____ 1 package (7 grams) dry active yeast
- _____ 1 teaspoon salt
- _____ 2 teaspoons ground cardamom
- _____ 150 grams (2/3 cups) sugar
- _____ 1 egg, room temperature
- _____ 600 ml (2½ cups) milk
- _____ 150 grams (2/3 cup) butter, room temperature
- _____ 115 grams butter (1/2 cup), room temperature
- _____ 6 tablespoons cinnamon
- _____ 75 grams (1/3 cup) sugar
- _____ 1 egg, room temperature, whisked with a fork

Instructions

1. Add all dry ingredients into the mixing bowl. Add one egg to the bowl, and using the dough hook attachment, mix the egg on low speed until incorporated into the flour mixture. Set aside.
2. Warm the milk until slightly warm (but not hot) on the stovetop (or use the microwave)
3. Carefully add the warm milk to the flour mixture, and blend at low speed for 5 minutes. When the dough sticks to the hook, and pulls away from the sides of the bowl completely, it's finished.
4. Next, slightly melt 150(_____) grams of butter. Slowly add the melted butter to the dough mixture in thirds, rather than all at once. Continue to mix the dough until all of the butter is thoroughly incorporated. Once finished, cover the bowl with plastic cling film and set aside for 45 minutes, or until the dough has doubled in size.
5. While the dough is rising, mix the remaining butter, cinnamon and sugar together to form a soft paste. Set aside.
6. Pre-heat oven to 390 Fahrenheit.
7. Once the dough has risen, lightly dust your countertop with flour and begin to knead the dough for approximately 5-7 minutes. The dough will feel slightly oily to begin with but will become less so once kneaded. Once the dough has been kneaded, roll it out into a flat large circular form.
8. Once the dough has been rolled out flat, spread the cinnamon paste onto one half of the dough. Place the opposite half of the dough on top of the filling, and cut into 2½ cm or 1-inch wide strips.
9. Twist the buns (see video below), and set aside on a baking sheet lined with baking (parchment paper), for 15 minutes for additional rising. Once 15 minutes has passed, top buns with egg wash and bake for 15 minutes, or until slightly golden brown.
10. Serve and enjoy