

Kardemummabullar

Makes 16

Hands-on Time 1 hour

Proving Time +2 hours

Baking Time 12 minutes

Ingredients

- 500g strong white bread flour (plus extra for dusting)
- 1 sachet or 2½ tsp fast-action yeast
- 250g caster sugar
- ½ tsp fine sea salt
- ½ tbsp + 1½ tsp ground cardamom
- 240g unsalted butter (softened)
- 2 medium eggs
- 275ml full-fat milk
- Oil for greasing (e.g., sunflower or vegetable)
- 3 tsp ground cinnamon
- 50ml water
- 30 cardamom pods (optional, for topping)

Equipment

- Large bowl
- Dough scraper
- Clingfilm
- 2 mixing bowls
- Spatula
- 2 baking sheets
- Baking parchment
- Rolling pin
- Palette knife
- Sharp knife
- Pastry brush
- Small saucepan
- Mortar and pestle (optional)
- Wire rack

Method

1. Make the dough

- In a large bowl, combine the flour, yeast, 75g sugar, salt, and ½ tbsp cardamom. Add 100g butter and 1 egg. Gradually mix in the milk until a dough forms.
- Knead on a floured surface for 10 minutes until smooth. Place in a lightly oiled bowl, cover with clingfilm, and prove for 1 hour or until doubled in size.

2. Prepare the filling

- Mix 140g butter, 120g sugar, cinnamon, and 1½ tsp cardamom into a paste.

3. Shape the buns

- Roll the dough into a 40cm x 40cm square. Spread the filling evenly over the dough.
- For swirls: Roll the dough into a log, slice into 2.5cm pieces, and place swirl-side down on parchment-lined baking sheets.
- For knots: Cut the dough into 2.5cm strips, twist, and wrap around your fingers to form knots. Place on baking sheets.
- Cover with oiled clingfilm and prove for 1 hour or until doubled in size.

4. Prepare the syrup and topping

- Heat 50ml water and 50g sugar in a saucepan until the sugar dissolves. Set aside.

- Optional: Crack cardamom pods, remove seeds, and crush lightly. Mix with the remaining sugar for topping.

5. Bake the buns

- Preheat the oven to 210°C/190°C (fan)/410°F/Gas Mark 7.
- Brush the buns with beaten egg. Sprinkle the buns with the cardamom sugar (or plain sugar).
- Bake for 12 minutes (15 minutes for knots) until golden.
- Brush with syrup while hot. Cool on a wire rack.

Enjoy!