

SEMLOR BUNS

Makes 15-20 buns

Buns:

100 gram butter (1/2 cup)
300 ml milk (1 1/4 cup)
1 1/2 tsp dry yeast
1/2 tsp salt
1 tsp cardamon or cinnamon
100 ml sugar (1/2 cup)
1 egg
3 3/4 - 4 cups all-purpose flour

Heat 1/2 cup of milk to 115°F then pour into small dish with a pinch of sugar, add yeast and wait 10 minutes for it to dissolve.

Melt butter and mix with remaining milk, warming slightly.

In large mixing bowl add sugar, salt and egg. Whip lightly. Add butter/milk mixture, yeast mixture and flour, one cup at a time, mixing well between additions. Knead slightly until dough is elastic.

Cover with damp cloth and let rise 30-45 minutes in warm place.

Shape into buns, about 2" D, and let rise 30-45 minutes.

Brush with egg mixed with 2 tbsp milk, then bake in 350 F oven 10 – 15 minutes or until nicely browned.

Filling:

200 grams almond paste (7/8 cup) or 100 grams ea. whole almonds and icing sugar
120 ml milk (1/2 cup)
Whipping cream
icing sugar

You can also make your own almond paste. For this you mix 1 part peeled and ground almonds and 1 part icing sugar. So, for this recipe 100 grams of ground almonds and 100 grams of icing sugar.

When buns are cool, slice off the crown part of the bun and use a fork to scoop out a small portion of the inside of bun. Put the crumbs in a bowl, add 1 tbsp ground almond paste and a drop of milk, mix together and put back into the bun. Top with good layer of whipped cream and cut off portion, or hat. Dust with icing sugar.

If you would like to enjoy the Semla the traditional Swedish way, place in a deep plate and pour hot milk around it. Enjoy!