



Skillingsboller - Norway

Sponge mixture

125g milk scalded and cooled
3g dried yeast
75g plain flour
38g light brown sugar

Dough

½ beaten egg (30g)
175g plain white flour
5g salt
½ teaspoon crushed cardamom seeds
38g butter at room temperature

Filling

50g butter at room temperature
50g light muscovado sugar
½ teaspoon ground cinnamon
100g flaked almonds, toasted

Glaze

remaining beaten egg
1 desert spoon water
pinch of salt
pinch of sugar
granulated or rock sugar to sprinkle

Making the sponge

In a large bowl stir yeast, sugar & flour into the warm milk. Cover, set aside for **1 hour**.

Making the dough

After the 1 hour prove, add to the sponge the egg, salt, remaining 175g flour and cardamom. Mix this till it comes together then remove the dough from the bowl and knead for 6 minutes. Now add the butter and knead for 10 minutes more (sorry). Put the dough back in the bowl, cover and set aside in a warm place for **1 hour**.

Making the filling

Beat the butter, sugar and cinnamon together and set aside. Toast the flaked almonds in a dry frying pan, stirring constantly until they are golden brown. Remove from the pan and allow to cool.

Shaping

Tip the dough out carefully onto a lightly flour the work surface. Using a well floured rolling pin roll the dough out into a rectangle about ½ A4 wide by 2 x A4 long. Using a scraper or pallet knife gently spread the filling evenly over the dough. From a short edge roll the dough up tightly, gently stretching it towards you as you go. Take care not to squish the ends out like a badly rolled carpet. Cut the dough into 6 equal slices and place them on a baking sheet lined with floured baking parchment. Cover the tray with a dry tea towel or put it in a plastic bag and leave to rest somewhere warm for **45 minutes**.

Baking

Whisk the glaze ingredients together and brush the top of each bun then sprinkle with course sugar. Bake at 220°C for **15 minutes**. Cool on a wire rack.

Adapted from "The Book of Buns: Jane Mason"



