

CARDAMOM BUNS

Contributed by:
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Cardamom buns are a Swedish staple found in every bakery. Combing a simple laminated cardamom scented dough with a sweet cardamom butter produces a light bun for a fika anytime of the day.

DOUGH

Total weight		1.06625
Ingredients	%	Kilograms
Total flour	100.00	0.575
Flour	78.26	0.450
Spelt Flour	21.74	0.125
Water	43.48	0.250
Salt	0.65	0.004
Instant yeast	0.87	0.005
Sugar	17.39	0.100
Egg	4.35	0.025
Cardamom	1.30	0.008
Butter	17.39	0.100
Totals	185.43	1.066

FILLING

Total weight		0.3525
Ingredients	%	Kilograms
Butter	100.00	0.200
Sugar	37.50	0.075
Muscovado sugar	37.50	0.075
Salt	1.25	0.003
Totals	176.25	0.3525

Cardamom Sugar 0.035
(100% Sugar, 5% Cardamom)

GLAZE

Total weight		0.11275
Ingredients	%	Kilograms
Water	44.35	0.050
Lemon juice	11.09	0.013
Vanilla	0.22	0.000
Sugar	44.35	0.050
Totals	100	0.11275

PROCESS

Mix	Type of mixer Mix style 1 st speed Dough temperature	Spiral Improved 0:05 74°F
Ferment	Time/temperature	1:00 at 40°F
Laminate	Lock-in Turns Rest Shape	Spread filling evenly over sheeted dough and sprinkle with cardamom sugar 1 single fold 0:20 at 40°F 1" strands and twirl into rounds
Proof	Time/temperature	2:30 at 80°F
Bake	Garnish Time/temperature Finish	Egg wash, top with cardamom and pearl sugar 0:09 at 375°F Brush with hot glaze

PROCESS NOTES

Filling:

Cream together ingredients until incorporated.

Glaze:

Bring ingredients to a boil.