

Holiday Recipe

LUSSEKATTER - Swedish Saffron Buns

Servings: 24 (4-inch long) buns

Prep Time: 3 hrs

Cook Time: 8 mins

Ingredients

Prep Ahead:

½ tsp saffron threads

2 Tbsp milk

½ c raisins

Dough:

1 ½ c milk, warmed to 80°F

2¼ tsp active dry yeast

¾ c sugar

6 Tbsp unsalted butter, melted
& cooled

1 egg, lightly beaten

½ tsp salt

6 - 6 ½ c unbleached all-
purpose flour

Egg Wash:

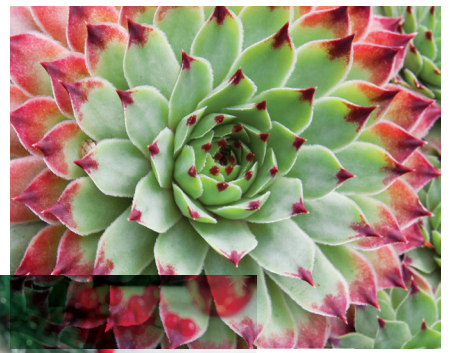
1 egg

2 Tbsp water

Pre-Prep Instructions:

Grind the saffron threads into a fine powder using the back of a spoon or a mortar and pestle. Add 2 Tbsp of milk and set the mixture aside for an hour, stirring occasionally.

Place the raisins in a small bowl and cover with warm water. Set them aside to plump.



Instructions for the Dough:

Mix the warmed milk with a few Tbsp of sugar. Sprinkle the yeast over the top of the milk and let it stand for 5-10 min. Mix in the remaining sugar, melted and cooled butter, beaten egg, and prepared saffron milk. Add the salt and flour, one cup at a time, mixing after each addition, until the dough comes together to a knead-able consistency.

Knead the dough on a lightly floured surface for 5-6 minutes, until smooth and soft. Shape it into a ball and place it into a greased bowl. Cover the bowl with a damp tea towel and let the dough rise until doubled.

Once risen, knead it a few times. Divide the dough into 24 pieces and roll each into a ball. Roll each ball into a 6-inch snake. Finally, roll each snake longer, to 13-14 inches. Then spiral the ends of each snake in opposite directions to form a scrolled "S". Place onto a baking sheet lined with parchment paper.

Drain raisins and pat dry. Put one raisin in the middle of each spiral.

Beat together the egg and water for the egg wash. Brush the mixture on the buns. Let the buns rise for 20-30 minutes, or until puffy and have nearly doubled in size.

Preheat your oven to 425°F and bake buns for 8-10 minutes, until golden. Cool on a wire rack for 5 minutes before enjoying!