



Semla Swedish Fat Tuesday Buns

Jacob · 28/09/2024



Prep Time

12 mins

Difficult

Medium

Servings

3 hrs 17 mins

Description

Semla are delicious Swedish cardamomscented almond pastefilled sweet buns

Ingredients

- - 1 cup warm milk (95-100 degrees F) - 1 package active dry yeast (2 teaspoons) - 1 ½ cups all-purpose flour - 2 cups all-purpose flour - 7 tablespoons unsalted butter
- at room temperature - ½ cup powdered sugar - 1 large egg - 2 ½ teaspoons ground cardamom - 1 teaspoon kosher salt - 1 large egg - 1 teaspoon water - 14 ounces almond paste - ½ cup powdered sugar - ½ cup milk
- or as needed to achieve desired texture - 1 teaspoon ground cardamom
- or to taste - 1 ½ cups heavy cream
- whipped - 2 tablespoons powdered sugar for dusting

Instructions

1. Pour milk into the bowl of a stand mixer. Sprinkle yeast on top
2. followed by 1 1/3 cups flour and mix with a wooden spoon. Allow to stand until foamy
3. about 20 minutes. Add flour
4. softened butter
5. powdered sugar
6. egg
7. cardamom
8. and salt; knead with dough hook (or by hand) until a soft
9. smooth
10. elastic dough forms
11. 5 to 6 minutes. Transfer dough to a lightly floured surface and shape into a ball. Divide into 12 equal portions. Using flour as necessary
12. roll dough under a cupped hand to form perfectly smooth balls. Place dough balls evenly on a parchment lined baking sheet
13. leaving space in between and slightly push down. Dust tops with flour
14. and cover with a clean kitchen towel. Let rise in a warm spot until doubled in size
15. about 2 hours. Preheat the oven to 425 degrees F (220 degrees C). Stir together egg and water in a small bowl and brush rolls all over with egg wash. Bake in the preheated oven until lightly golden
16. about 12 minutes. Transfer buns onto a wire rack and let cool completely. Combine almond paste
17. powdered sugar
18. milk
19. and cardamom in a food processor and blend almond filling until smooth. Cut a triangle from the top of the buns
20. and remove some of the crumbs to make room for the filling. Pipe almond filling into each bun
21. and top with whipped cream. Place the triangle on top and dust with powdered sugar before serving. Chef John Cook's Note: Use a food scale to make sure your portions are equal. Weigh the entire dough ball then divide by 12.