

# Cardamom Dough for Bread and Rolls

From "The Nordic Baking Book" by Magnus Nilsson

## Ingredients:

*This recipe will make enough dough for 2 of these items (bread loaf, 12 rolls, a tea ring). If you wish to make 4 items double the recipe.*

11 fl oz/334 grams (1 ¼ C plus 1 Tbl) milk

5 oz/150 g (1 stick plus 2 ½ Tbl) unsalted butter

1 Tbl finely ground cardamom seeds (optional)

18 g (2 scant Tbl) instant yeast

1 egg

4 ½ oz/125 g (1/2 C plus 2 Tbl) sugar

1 tsp salt

1 lb 10 oz/750 g (5 ½ C) all-purpose or bread flour, plus extra for

dusting Egg Wash: 2 eggs, plus 1 Tbl water

## Directions:

Combine the milk, butter, and ground cardamom in a small pan and heat until the butter has melted. Let cool to just above room temperature.

Transfer the liquid to a mixing bowl. Stir in the egg. Mix the sugar, salt, flour, and yeast in a separate bowl and then add to the liquids, mixing until all the flour is moistened. Pour out of a countertop, lightly dusted with flour, and knead for 8-10 minutes. The dough will be smooth, shiny and elastic. Return to the bowl and cover the dough with a clean dish towel for 45 -60 minutes or until doubled in size.

### **For Bread** (makes 2 loaves)

Lightly oil 2 bread pans (8 ½ by 4 ½ inches).

Pour the dough onto the countertop and stretch into a 6" by 6" square. Cut into 6 equal strips (8 oz/233 g). Roll each strip to 12 inches. Take three strands and braid together (see braiding diagram below). Tuck in the ends and place in the bread pan. Repeat with the next three strands.

Let rise 45-60 minutes or until doubled in size.

Preheat oven to 375°F.

When the dough is fully risen brush with egg wash and sprinkle with sparkling sugar. Bake

in the middle of the oven for 25-30 minutes. When done remove from the oven, remove from pan and place on a cooling rack for an hour.

**For Rolls** (makes 12-16 rolls or one 12 piece tea ring)

Pour the dough onto a lightly floured countertop and roll into a 24" by 16" rectangle.

Cinnamon filling:

4 oz/113 grams (1 stick) melted butter

2 Tbl ground cinnamon

3 ½ oz/100 grams (1/2 C) sugar

Spread the softened butter over the rectangle leaving 1 ½ inch border on one long edge.

Sprinkle the sugar and cinnamon all over the butter. Starting at the long edge closest to you, roll the dough into a tight log. Finish so the unbuttered edge is underneath the log.

Almond filling:

4 ½ oz/125 grams. (1 stick) butter at room temperature

4 ½ oz/125 grams (1/2 C plus 2 Tbl) sugar

4 ½ oz/125 grams Almond Paste

Cream the butter, sugar and almond paste together in a bowl just before using.

Spread the blended almond filling over the rectangle leaving 1 ½ inch border on one long edge.

Starting at the long edge closest to you roll the dough into a tight log. Finish so the unbuttered edge is underneath the log.

**Tea Ring:**

Form the log into a circle, pinching the edges together to seal. Place the ring on greased or parchment lined baking sheet.

Using a pair of scissors, cut two-thirds of the way into the edge of the ring at 2" intervals. Turn each cut onto its side.

Cover and let rise 30-45 minutes or until doubled in size.

Preheat oven to 375°F.

When the dough is fully risen brush with egg wash and sprinkle with sparkling sugar. Bake the tea ring in the middle of the oven about 25 minutes, until golden; tent with foil after 15 to 20 minutes if it's browning too quickly. When done remove from the oven, remove from pan and place on a cooling rack for an hour.

**Rolls:**

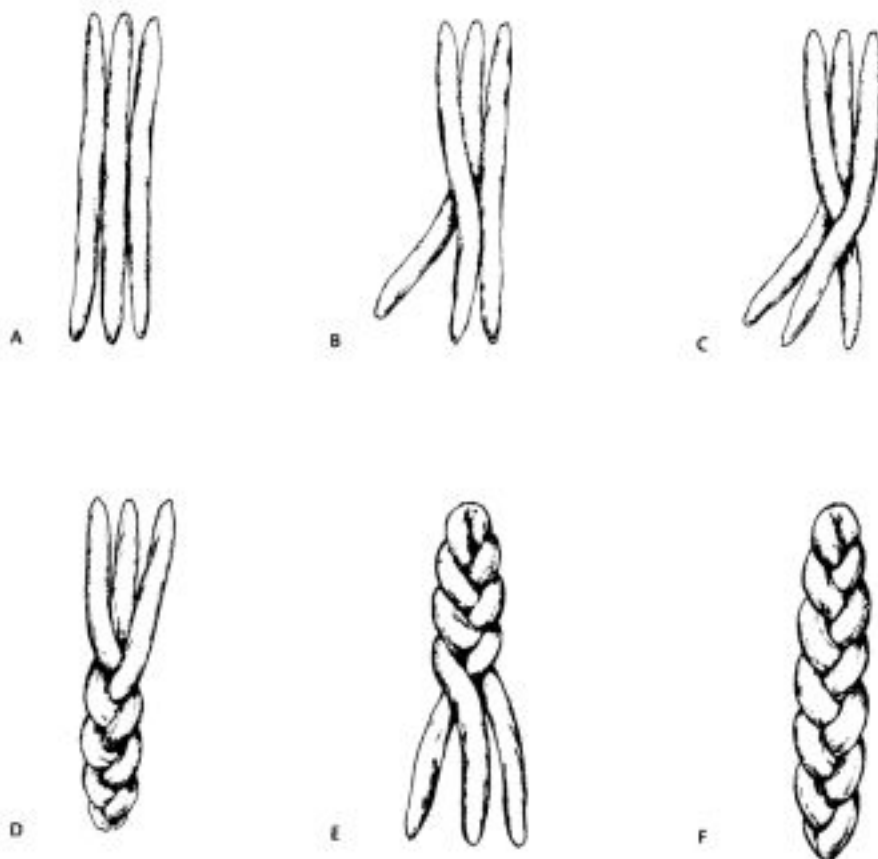
Slice the log into 16 to 18 inch rolls (about 1 ¼ to 1 ½ inch), place in a 13 by 9 inch pan. Cover and let rise 30-45 minutes or until doubled in size. Preheat oven to 375°F.

When the dough is fully risen brush with egg wash and sprinkle with sparkling sugar. Bake the rolls in the middle of the oven about 25-30 minutes, until golden; tent with foil after 15 to 20 minutes if it's browning too quickly. When done remove from the oven, remove from pan and place on a cooling rack for an hour.

**Braiding:**

### Method Two

1. Roll the strands to an equal length, with a slight taper at the ends (A).
2. Instead of joining the strands at one end, begin to braid in the center of the loaf by taking the left strand, crossing it over the middle strand, and laying it to the inside of the right strand (B).
3. Place the outer right strand over the middle strand and place it alongside the left strand (C).
4. Continue in this fashion until all the dough is used (D).
5. Flip the entire braid over so that the unbraided strands are closer to you (E).
6. Continue braiding, first taking the right strand over the middle strand and placing it to the inside of the left strand, and proceeding until all the dough is used (F).



Three-strand braid, method two