

”Pulla” (Finnish bun)

Ingredients:

5 decilitres of Milk
1 Egg
2 decilitres of Sugar
1 tablespoon of Cardemon
1 teaspoon of Salt
50 grams of Yeast
13 -15 decilitres of Wheat Flour
150 - 200 grams of Butter



Filling for cinnamon buns:

100 grams of Butter
1 decilitre of Sugar
Cinnamon

Coating: Egg

Decoration: Pearl Sugar or Regular Sugar

Instructions:

1. Warm the milk until it's tepid. Mix yeast into the milk. Add sugar, salt, egg and cardemon into the liquid and mix them together.
2. Add wheat flour into the liquid slowly and knead the dough well.
3. Finally add melted and tepid butter into the dough and knead the dough until the dough easily comes off the mixing bowl and the hand.



4. Cover the bowl with a tea towel and let the dough rise twofold in a warm place.



5. Place the dough onto a table and knead the air bubbles out of it. Divide the dough into two parts.
6. Roll the dough on a surface coated with flour into a rectangle (sized 30x60 centimetres). Spread half of the butter and sugar onto it and sprinkle cinnamon on it. Roll the rectangle, starting from the long side, into a tight roll. Squeeze the seam well and leave that part underneath.



7. Cut diagonal pieces from the roll with a sharp knife, the wide part being about 4-5 centimetres and the narrow part about 2 centimetres. Lift the pieces up so that the narrow part is on top. Press the bun down with two fingers right to the bottom.



8. Lift the buns onto a baking tray covered with baking paper. Let them rise under a tea towel in a warm place for about 30 minutes.
9. Coat the buns with egg and decorate with sugar.
10. Bake in a hot (225°C) oven in the middle for 10-15 minutes.

Alternative:

You can also make round buns. Divide the dough into three parts. Roll each part into a long sausage shape and cut it with a sharp knife into small pieces. Roll each piece into a ball and place the balls onto a baking tray covered with baking paper. Cover the buns with a tea towel and let them rise in a warm place for about 30 minutes. Press down on each bun in the middle and put a little piece of butter in the hole. Coat the buns with egg and decorate with sugar. Bake in a hot (225°C) oven in the middle for 10-15 minutes.



Enjoy!