



THE NORDIC PAPER BUN

Recipe by Jesper Långström



NORDICPAPER 

THE NORDIC PAPER BUN

Recipe by Jesper Långström, one of the best bakers in Sweden. In his role as responsible for the Swedish National Baking Team, Jesper has created a recipe exclusively for Nordic Paper, the National Baking Team's major sponsor. Nordic Paper produces premium baking paper – the natural choice of paper for the Swedish National Baking Team.

Ingredients

Dough

500 g	Milk
60 g	Yeast
1075 g	Flour
200 g	Butter
200 g	Sugar
2 tbs	Ground cardamom
12 g	Salt

Filling

370 g	Butter
115 g	Sugar
30 g	Vanilla sugar
6 g	Maizena flour
½ tbs	Salt

Method

Crumble the yeast in a bowl and stir in the milk. Add the rest of the ingredients and knead the dough properly for 12-15 minutes, until a good gluten structure is developed.

Roll out the dough on a baking sheet and place on a plate or a long pan. Freeze the dough for 30-40 minutes. Meanwhile, prepare the filling to a smooth paste.

Preparation of the bun

Take out the dough from the freezer. It should be hard but not frozen. Roll dough out into a square and spread the filling on onto the entire surface. Fold the dough into thirds and roll out the dough again. Form the buns to knots. Place the buns in proper baking cups.

Let the buns rise in the oven with a bowl filled with water in the bottom (about 30-35°C). Let them rise until they become twice as big. Remove the buns from the oven and set the oven to 215°C. Brush the buns and sprinkle sugar over them. Lower the temperature to 200°C and bake the buns until they have a beautiful colour (12-16 minutes, depending on the oven).