

[Print](#)

A GIRL and a spoon

Swedish Cinnamon Buns (Kanelbullar)



Cuisine

Courses

Ratings 5 from 1 votes	Cooking Method Baking	European, Swedish	Breakfast, Dessert
 Difficulty Intermediate	 Time	Prep Time: 30 mins Rest Time: 2 hrs	Cook Time: 15 mins Total Time: 2 hrs 45 mins
 Servings 10	 Best Season Suitable throughout the year		

Ingredients

Dough

- 400 g Flour (All Purpose or Bread Flour)
- 1 tsp Yeast (about half a US packet)
- 125 ml Milk (Warm)
- 120 ml Water (Warm)
- 55 g Butter (Softened)
- 25 g Sugar
- .5 tsp Salt (or 1/4 tsp if using salted butter)
- 1 tsp Vanilla Extract/Paste/Vanilla Sugar (Optional)
- Milk (for milk wash)
- Pearl Sugar (to garnish)

Cinnamon Sugar Filling

- 90 g Soft Brown Sugar
- 55 g Unsalted Butter (Softened)
- 2 tsp Cinnamon Powder (If not using cardamom, increase to 1.5 teaspoon)
- .5 tsp Cardamom Powder (optional)

Sugar Syrup (Optional)

- 50 ml Water
- 50 ml Sugar
- .5 tsp Vanilla Extract/Paste (Optional)

Instructions

Dough

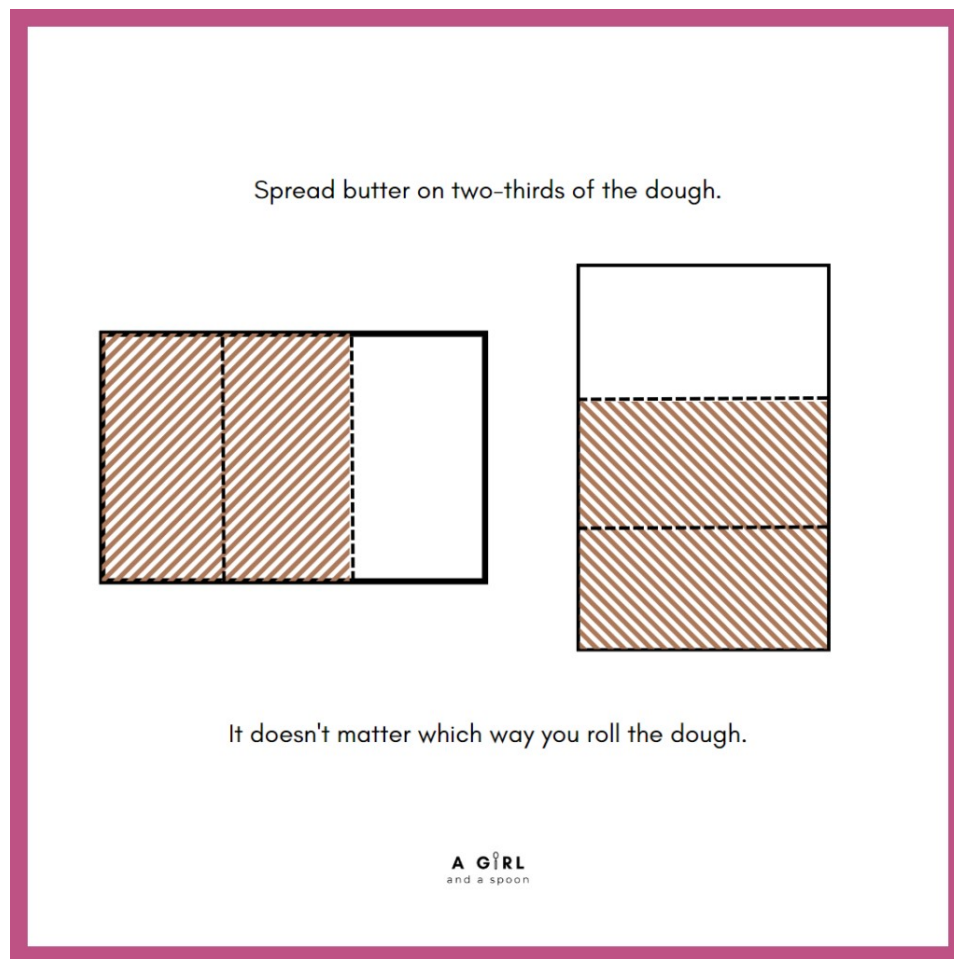
1. Add all dough ingredients to a stand mixer bowl fitted with the dough hook and knead until smooth, about 5-7 minutes or so.

Make sure the liquids are just warm, not hot. 95-100 degrees F (35-38 C) is best. If kneading by hand, it may take 8-10 minutes.

2. Shape dough into a ball, cover and rest for 45 minutes.
3. Roll the dough out to about 55cmx30 cm or 21.5inx11.5 inches, roughly.

Important: Make sure the bottom is not sticking to the surface, it will help later.

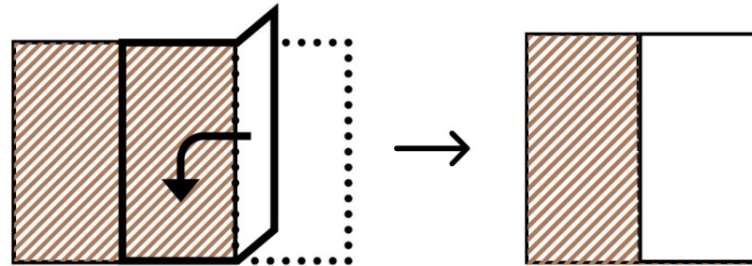
4. Spread butter on two-thirds of the dough.



5. Mix the sugar, cinnamon and cardamom, if using. Sprinkle evenly over the butter.
6. Fold the bare side of dough over the middle, like turning a page or folding a letter. Then fold the other third over the middle also.

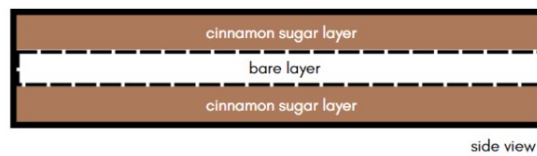
You will now have a layered dough.

Fold the bare side of dough over the middle.



A GIRL
and a spoon

You now have a layered dough.



A GIRL
and a spoon

7. Cut the dough into ten equal strips. Then form your buns. See options in images.

OPTION 1

Cut the folded dough into 10 equal strips.



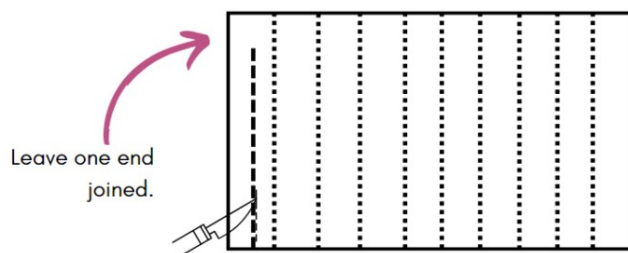
Roll each strip into a roll (like an American cinnamon roll)



A GIRL
and a spoon

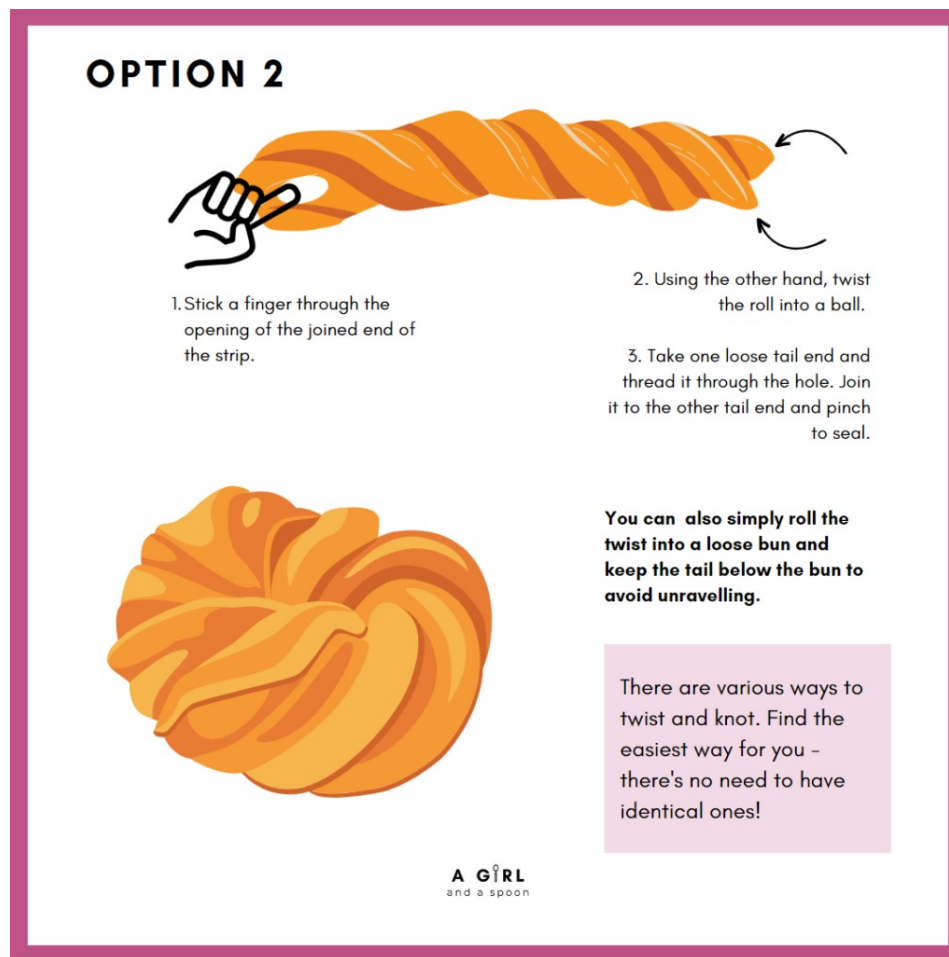
OPTION 2

Divide each strip almost in two.



Continued on next image

A GIRL
and a spoon



8. Place on lined baking sheets about 5cm/2in apart and cover loosely, Let rise until puffy, 1 to 1.5 hours. Preheat the oven 20 minutes out to 420F or 215C.
9. Brush the buns with milk and sprinkle with pearl sugar.

You can also use granulated sugar, but it may caramelize and not have the exact same crunchy texture.

10. Bake the buns for about 15 minutes until golden brown. Prepare the sugar syrup, if using. Brush the buns with syrup while warm.

Sugar Syrup

11. Mix the sugar and water in a small saucepan.
12. Dissolve the sugar and bring the mixture to a boil and then simmer until thickened. Add vanilla extract/paste, if you like.