

Saffron buns (Lussebullar)

Melt:

150g butter

Add:

500ml milk

1-2g saffron, ground (this is the priciest part of the recipe-available at Soop&Save @ 8\$/g)

When tepid/lukewarm

Add: 150 ml sugar

1 egg (optional)(I do- it makes them softer)

In separate bowl, mix:

4 cups or so white flour

1tbl spoon or so dry fast yeast

(Pinch of salt if you use unsalted butter)

Add liquid (butter/milk/saffron mixture) to flour mix

Stir and let rest a bit (about 10 minutes)

Half a cup at a time: add another 2 cups or so of flour, while stirring, then kneading....keep kneading and adding until the dough is stretchy and fluffy, but not sticky.(Good to work with a partner here with one kneading and the other measuring and adding the flour)

Do not add too much flour...

DO knead for a loooong time!!

Place in a warm spot: Let rise to double size.(about an hour)

Make buns: Pull or cut a small-medium ball of dough from the large ball, roll out like a play dough snake, not too thin; roll ends in opposite directions toward each other to make the Lussebullar (Lucia buns)



Add raisins in the center of the swirl. Let rise about 15minutes

Brush with egg (beat one egg in a cup with use a basting brush.

Bake in 440°F for 5-10 minutes, depending on the oven.

Eat warm and devour, enjoy!!!

