

Basic Swedish Bun Dough



Serves	24-30
Prep time	2 hours
Cook time	10 minutes
Total time	2 hours, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Freezable , Pre-preparable , Serve Cold , Serve Warm
Occasion	Easter , Special Occasions
Region	Swedish

Ingredients

- 4.5 teaspoons Lowan's Dried Instant Yeast (or equivalent)
- 150g butter
- 80ml pure cream (45% fat)
- 220ml milk
- 4 tablespoons white sugar
- 4 cups plain white flour (or half wholemeal)
- 1/2 teaspoon salt
- 1 egg
- 1 egg (for brushing)

Directions

1. Place the yeast into a large bowl.
2. Melt the butter in a saucepan, then add the cream and milk and warm it to 37°C.
3. Pour the milk mixture over the yeast and mix in well. Allow to sit for 5 minutes.
4. Sift the flour.
5. Add the sugar, 1 egg and most of the flour. Mix until you have a smooth dough.
6. Leave it to rest covered with a clean tea towel for about 30 minutes. The dough is ready when it bounces back after being lightly touched.
7. Knead the dough in a mixer or on a floured board until it is smooth.
8. Make the required buns and let them rise for 30 to 40 minutes.
9. Lightly beat the egg, and brush the tops of the buns.
10. Bake in the middle of the oven at 250°C for 5 to 10 minutes.

Note

Low Chemical / Failsafe