

Swedish Vanilla Shells (Vaniljsnäckor)



Serves	30
Prep time	2 hours
Cook time	5 minutes
Total time	2 hours, 5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Warm
Occasion	Easter , Special Occasions
Region	Swedish

Ingredients

- 1 Quantity Swedish Basic Bun Dough (Refer to recipe)
- 75g butter
- 4 tablespoons icing sugar
- 2 teaspoons vanilla sugar (Refer to recipe)
- 1 egg (lightly beaten)

Optional

- Chopped or flaked almonds
- Pearl sugar

Directions

1. Prepare the filling by creaming the butter, icing sugar and vanilla sugar.
2. After kneading the bun dough, divide it into two pieces.
3. Roll out one piece of dough to a rectangle approximately 20 x 30cm long.
4. Spread the dough with half of the filling.
5. Roll the dough up from the long side, making sure it is firm and level.
6. Cut the log into 2cm pieces and place onto a lined baking tray.
7. Repeat with the second piece of dough.
8. Allow the buns to rise for 30 - 40 minutes, then brush with egg and (optionally) sprinkle with the pearl sugar or almonds.
9. Bake in the middle of the oven at 250°C for approximately 5 minutes, until golden.
10. Cool slightly on the tray then transfer to a wire rack. Can be served while warm or completely cooled.
11. Store in airtight container or freeze once the buns have cooled completely.

Note

Low Chemical / Failsafe, High Amines and Salicylates

Refer to the recipes for the [Basic Swedish Bun Dough](#) and [Vanilla Sugar](#).

Almonds are High in Amines and Salicylates.

Pearl sugar is a coarse sugar crystal that doesn't melt when put in the oven. It can be purchased online, but I don't know what the salicylate content is.