

Recipe Name: Swedish Saffron Buns Recipe

Diet Type:

Course: Snack

Cuisine: European

Quantity:



Ingredients

Ingredient	Quantity
• 4 cups All Purpose Flour (Maida)	10
• 2-1/2 teaspoons Active dry yeast	
• 1 cup Milk - (adjust)	
• 4 tablespoon Butter	
• 1 Whole Eggs - whisked	
• 1/2 teaspoon Saffron strands	
• 24 Raisins - (black variety)	
• 1 pinch Salt	
• 1/4 cup Caster Sugar	
• 1 Egg white - for glazing	

Preparation

- To begin making the Swedish Saffron Buns Recipe, first warm 3/4 th cup milk and butter in a saucepan.
- Mix till the butter melts.
- Once done add a tablespoon of sugar and saffron to the milk and butter.
- Stir to dissolve the sugar and take it off the heat.
- Cool till it becomes lukewarm.
- Once the temperature of the milk is lukewarm add yeast to this mixture and leave it aside for 5 minutes.
- Gradually add the liquid mixture to the flour and knead.
- Add the remaining milk to form a soft dough.
- You can a little more milk if required to get a soft supple dough.
- Knead for about 10 minutes or till the dough is smooth.
- Gather the mixed dough together and form a ball and place it in a greased container,covered with a



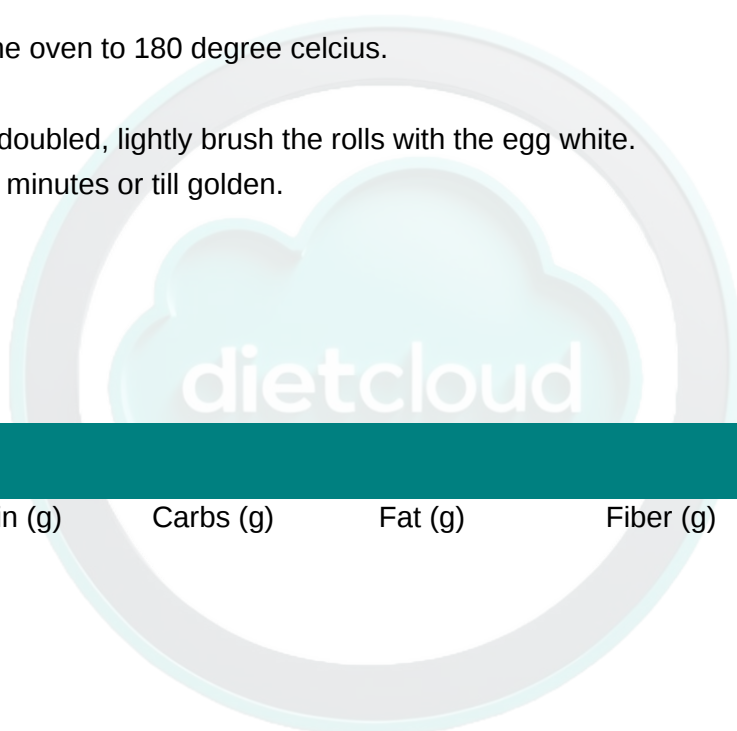
wet kitchen towel.

- Keep it in a warm place till it doubles in size for about 1.5 - 2 hours.
- Knock back the dough and divide into 11-12 portions.
- Line or grease two baking trays.

- Press to seal the ends.

- Cover loosely with a wet kitchen towel and keep it for another 30 minutes or till the rolls double in size.
- Meanwhile preheat the oven to 180 degree celcius.

- Once the dough has doubled, lightly brush the rolls with the egg white.
- Bake for about 15-20 minutes or till golden.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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