**SWEDISH CARDAMOM ROLLS**

**My parents grew up in Northern Wisconsin home to large dairy farms and abundant quantities of milk and butter. My grandfather worked in a milk canning plant and workers were given all the dented cans (remember when stores sold those at a discount). My grandmother was Swedish and would use the cans of milk to bake bread, rolls, and breakfast sweets for the large family. This recipe can be made sweet or savory by adjusting how much sugar you put in the filling. The use of milk and butter gives it a soft nearly brioche character. Cardamom is a warming spice that will perfume your home during the holidays.**

INGREDIENTS

Cardamom Dough

1 c. + 1 Tbsp. milk, warmed

1 envelope dry active yeast

1/3 c. light brown sugar

3 1/4 c. all-purpose flour, plus more to flour surfaces

1 tsp. whole cardamom seeds

1/4 tsp. salt

5.53 Tbsp. butter (at room temperature)

Oil/cooking spray (to grease bowl)

Cardamom Filling

4.5 Tbsp. butter (at room temperature)

1/3 c. dark brown sugar

1 1/2 tsp. whole cardamom seeds

DIRECTIONS:

Cardamom Dough

In a bowl, add yeast to the lukewarm milk with 1 tsp. light brown sugar and stir until yeast has dissolved. Let activate for 10 minutes.

Meanwhile, grind/crush cardamom seeds with spice grinder or mortar and pestle. In the bowl of your stand mixer mix together flour, light brown sugar (less 1 tsp.), cardamom, and salt. Add your yeast/milk mixture to the flour mixture and mix on low until dough begins to come together. Increase speed to medium-low and add cubed butter in handfuls. Once all the butter has been added, increase speed to medium/medium-high and knead for about 5 minutes. You want this to be a fairly loose dough, so whatever you do, don't over knead.

Scrape dough out onto a lightly floured surface and shape it into a bun, tucking the edges toward the center. Place in your greased bowl, seam side down and cover with a clean kitchen towel. Place bowl in a warm place and let it rise for at least 40 minutes.

Cardamom Filling

In the bowl of your stand mixer, fitted with paddle attachment, combine butter, dark brown sugar, and freshly ground/crushed cardamom seeds and mix together on medium-low until creamy and smooth.

Forming Rolls

Line baking sheets with parchment or silpat mats and set aside. Roll out dough into a 13” x 21” rectangle on a lightly floured surface. Spread filling onto the rolled-out dough rectangle so that it covers the entire area from edge to edge.

Mark the rectangle into three equal sections. Fold left side to the middle, then fold the right side over the left side. Turn the dough so that the openings are on the left and right sides and roll out the dough slightly. Use a sharp knife or pastry wheel, cut into strands. You should have 15-20 strands.

Starting from the end, wrap one strand around the tips of your thumb and four fingers (three if you have big hands) twice, twisting slightly as you wrap, then slip your thumb out of the roll, loop the strand around one last time then tuck the end and your thumb loop into the bottom.

Place buns on your lined baking sheets, (giving enough room for dough to rise and spread during proofing and baking), cover with a kitchen towel and let rise for about 30 minutes. Bake proofed rolls for 7-8 minutes or until tops are golden brown.

Source: Debbi Crapeau