

Norwegian Cinnamon Knots with Vanilla and Cardamom

60–70 Min

Ingredients 4 Portions

= Kotányi Produkte

Pastry:

75 g	Butter, softened
50 g	Caster sugar
250 ml	Whole milk
25 g	Yeast, fresh
430 g	All-purpose flour
1 pinch	Sea Salt, Coarse

Filling:

125 g	Butter, softened
75 g	Caster sugar
1	Egg
1 tsp.	Cardamom, ground
2 tsp.	Cinnamon, Ground
1 pkg.	Bourbon Vanilla Sugar
	Coarse sugar, if desired

Preparation

1. To make the pastry: Cream the butter, sugar and a pinch of salt in a large bowl. Meanwhile, gently heat the milk and stir in the yeast and a teaspoon of sugar.
2. After a few minutes, small bubbles should form on the surface. Add the milk to the butter mixture and stir. Gradually add the flour until an elastic ball of dough forms.
3. Place the yeasted dough in a bowl covered with a dish towel and allow to prove in a warm place for up to 1.5 hours until the dough has doubled in size.
4. To make the filling: Mix all the ingredients together until smooth. As the dough has risen enough, use a rolling pin to roll it out into a rectangle on a floured surface.
5. Spread the filling out so that it covers the dough. Now fold the top third of the dough down. Then fold the remaining two thirds over it to create a clean edge.
6. Using the rolling pin, carefully roll out the dough again to stretch it out a little. Use a knife or pizza cutter to cut the dough into strips.
7. Cut through the strips of dough again to create two strips, leaving the top end of the strips still connected. Hold the strips of dough at each end and twist in the opposite direction as far as they will go.
8. Twist into a knot and place on a baking tray lined with baking parchment. Allow to prove for a further 15 minutes.
9. Meanwhile, preheat the oven to 170°C (338°F). Coat the cinnamon knots with egg and sprinkle with coarse sugar. Bake for 13–15 minutes and enjoy.