



Norwegian Boller – Cardamom buns

Recipe

Boller are cardamom buns available everywhere in Norway with and without raisins but I have an overwhelming sense of disappointment when having one without, so always include them. Boller should be really, really soft. Up until now, I haven't managed to achieve this before but I think that this recipe delivers that delicious soft texture. The recipe uses glycerine for extra dough softness that will last more than a day (when covered). It also uses osmotolerant yeast to make sure that the enriched dough rises to make the buns very light. Manitoba flour has been used too, developed for enriched doughs that need to rise well (specifically, panettone). The result is really close to the buns of my childhood memories. Try them – hopefully you will enjoy them as much as I do! We have a kit for these buns here.

Method:

In a large bowl (your free-standing mixer bowl would be good), beat the milk, water, butter, sugar, glycerine and egg together.

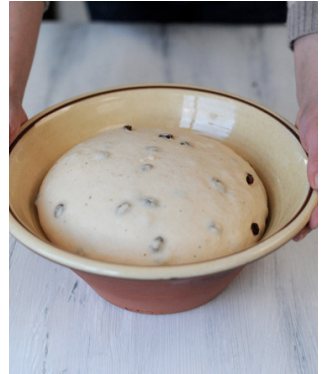
Split open all of the cardamom pods and use the flat part of a knife to squash them to make it easy to get to the seeds inside. Put the seeds into a mortar and pestle and grind to a fine powder.

Add the ground cardamom, yeast, salt and flour to the mixing bowl and using your mixer fitted with the dough hook, mix until a smooth dough is formed. This will take about 6-8 minutes. This can be done by hand too but will take longer. This is a very soft dough – so don't be tempted to add more flour – it should be soft!

Remove the dough from the bowl, flatten it slightly and add the raisins giving the dough a short knead to evenly distribute them.

Form the dough into a smooth ball and then return to the bowl. Either put it into a proofer with a moist atmosphere, or cover with a damp tea towel.

When the dough has doubled in volume – which will take about an hour depending on the temperature of your kitchen – remove from the bowl and on a work surface, give the dough a short knead to knock it back.



Ingredients (makes 24)

250g	milk
250g	water (warm)
125g	unsalted butter, softened
125g	caster sugar
3 tsp	glycerine
1	free range egg
20	cardamom pods
20g	osmotolerant yeast
10g	fine sea salt
1kg	Mulino Marino Manitoba flour
250g	raisins

To glaze:

1	beaten egg
2	tbsp milk

Equipment:

Large bowl
Free standing mixer
Mortar and Pestle
Baking trays
Damp tea towels



Divide the dough into 24 pieces and roll each into a neat, smooth ball and place on well-oiled baking trays, leaving plenty of room for the buns to rise. Cover the buns with a damp tea towel (or return to your proofer) until doubled in size. Preheat the oven to 180C.

Just before putting the buns into the oven, beat the egg and milk for the glaze and gently brush each bun with the mixture. Bake for about 15 minutes until golden brown. Check the buns after about 10 minutes as if your oven is uneven, you may need to turn the trays.

When removed from the oven, slip the buns into a bread bag immediately or wrap on a cooling wire in clean tea towels until cold. Don't skip this part – it makes the buns very much softer.

The buns freeze very well and make a great simple snack for packed lunches.

