

Swedish Owl Rolls or Aussie Echidna buns - Take your pick!

From a recipe by Tessa Kiros in 'Falling Cloudberry' a fabulous and exciting book with a world of family recipes!

A joint post from Joanna @ Zeb Bakes and Celia @ Fig Jam and Lime Cordial



Joanna @ Zeb Bakes

Ingredients

250 ml warmish milk
100 g golden or white caster sugar
25 g fresh yeast or 2 sachets of easy dried
1 lightly beaten egg
125g soft butter
2 tsp ground cardamon seed
1 tsp salt
650 grams of plain flour or a mixture of brown and white. I used some fine emmer flour in mine about 50 grams

For the filling

2 tsp. ground cinammon
50g grams caster sugar
80 grams of soft spreadable butter, divided in to 4 lots of 20 grams
Egg for eggwash and sugar to sprinkle on top.

Mix dough. If you use fresh yeast then mix in with the milk and sugar. Add the rest of the ingredients, butter, egg, spices and salt and finally add the flour to that. If you are using dried active yeast then you can add that with the flour. Leave for a 2 hour rise.

This makes a quite soft but not too sticky dough that is something like the density of pastry.

For the filling, mix the cinammon and sugar together. Keep the butter separate.

Divide the dough into portions of about 300 grams each. You should have 4 portions.

Roll each one out to an oblong as if you were doing pastry. about 20 x 25 cms and 3 ml thick. With a palette knife, spread the butter evenly over the dough. Sprinkle 1/4 of the cinammon sugar mix over this.

Roll the dough up longways to make a long roll. Repeat for the other portions.

You can cut this as straight slices and put on tray to bake or you can cut the slices at an angle so you get fat truncated triangles. You cut the slices on the diagonal, alternating the direction to get this.



Celia's great photos here, showing you how to cut the dough and position the pieces for the all important squashing.



Credit: Celia @ Fig Jam and Lime Cordial

Then you put each triangle or pyramid down on its fat or bottom edge,

It looks a bit like an owl's face at this point! Press it down quite flattish, squash it down really well, almost further than you think you should. Repeat with the rest.

I got about 24 little buns from this. Celia managed 28!



Celia @ Fig Jam and Lime Cordial's owl rolls

Leave to rise on a baking paper lined tray for about half an hour while you put the oven on to 180 C conventional oven or 170 C fan. Brush the tops of the buns with eggwash and sprinkle sugar on top.

Cook for about 10 - 12 minutes till golden. They will feel quite soft when you take them out of the oven, but keep a good eye on them and don't overcook them.

Variations:

Vanilla sugar and vanilla essence in the buns and choc chips or small chunks either rolled in or mixed in the dough, but easier to roll in in the layers. Or you could use crystallised ginger and lemon zest, the traditional taste is cardamon though. Makes me think of Stockholm in winter but these little buns are eaten everywhere in Scandinavia.