

SEMLOR

EQUIPMENT

SCALES, STAND MIXER WITH DOUGH HOOK, BAKING TRAYS, BAKING PAPER, PIPING BAGS WITH STRAIGHT AND STAR NOZZLE, WHISK, SPATULA, MIXING BOWLS, COOLING RACK, CHEF'S KNIFE, SERRATED KNIFE

INGREDIENTS

250GM WARM MILK, 13GM DRIED YEAST, 100GM CASTER SUGAR, 100GM ROOM TEMPERATURE BUTTER,
550GM PLAIN FLOUR, 2GM SALT, 10GM GROUND CARDAMOM, 400GM THICKENED CREAM,
ICING SUGAR + EXTRA FOR DUSTING
70GM ALMOND MEAL, 1 EGG WHITE, 100GM PURE ICING SUGAR + EXTRA FOR DUSTING

METHOD

TO BEGIN: PLACE THE FLOUR INTO THE BOWL OF A STAND MIXER, IN ANOTHER BOWL MIX TOGETHER SUGAR, SALT, YEAST AND GROUND CARDAMOM. ADD THE SUGAR AND SPICE MIX TO THE FLOUR AND MIX TOGETHER TO COMBINE.

PLACE THE BOWL IN THE MIXER AND INSERT THE DOUGH HOOK, ADD THE MILK AND START THE MIXER ON A MEDIUM SPEED. BEGIN ADDING THE BUTTER IN SMALL AMOUNTS AT REGULAR INTERVALS WHILE MIXING. ONCE THE BUTTER IS COMBINED CONTINUE MIXING FOR A FURTHER 8-10 MINUTES.

ONCE MIXED REMOVE THE DOUGH AND KNEAD THE DOUGH BY HAND FOR A FURTHER 10-12 MINUTES UNTIL YOU HAVE A SUPER SMOOTH CONSISTENCY. ONCE KNEADED RETURN THE DOUGH TO THE BOWL AND PLACE THE BOWL INTO A PRE-HEATED OVEN STEAM SETTING 40°C FOR 40 MINUTES.

WHILE THE DOUGH PROVES MIX THE ALMOND MEAL AND ICING SUGAR TOGETHER IN A SMALL MIXING BOWL, ADD THE EGG WHITE AND WORK THE MIXTURE TOGETHER TO A PASTE. PLACE THE ALMOND PASTE INTO A PIPING BAG FITTED WITH A STRAIGHT NOZZLE AND SET ASIDE.

WHIP THE CREAM TO SOFT PEAKS AND PLACE IN A PIPING BAG FITTED WITH A STAR NOZZLE, PLACE IN THE FRIDGE UNTIL REQUIRED.

ONCE THE DOUGH HAS PROVED REMOVE FROM THE BOWL AND KNEAD ON A LIGHTLY FLOURED BENCH TOP. CUT THE DOUGH INTO 20 EQUAL PORTIONS AND ROLL EACH PORTION INTO A BALL. PLACE THE DOUGH BALLS ONTO A BAKING TRAY LINED WITH BAKING PAPER EVENLY SPACED. RETURN THE DOUGH TO THE OVEN STEAM SETTING 40°C FOR A FURTHER 30 MINUTES.

ONCE THE SECOND PROVE IS COMPLETE REMOVE THE DOUGH FROM THE OVEN AND SWITCH THE OVEN TO COMBI MODE (25% STEAM) 175°C, ONCE UP TO TEMPERATURE PLACE THE TRAYS IN THE OVEN AND COOK FOR 18-20 MINUTES UNTIL GOLDEN.

ONCE COOL CUT A 2CM DISC OFF THE TOP OF EACH BUN AND SET ASIDE. USING A TEASPOON SCOOP A LITTLE OF THE MIDDLE OF EACH BUN OUT AND DISCARD. PIPE A LITTLE AMOUNT OF THE ALMOND PASTE INTO THE CAVITY OF EACH BUN AND TOP THE ALMOND PASTE WITH A GENEROUS AMOUNT OF WHIPPED CREAM.

TO FINISH REPLACE THE LIDS ON THE BUNS AND DUST WITH ICING SUGAR AND SERVE.

HINTS & TIPS

- ALTHOUGH YOU SPEND A LOT OF TIME KNEADING THIS DOUGH THE SMOOTHER THE DOUGH IS THE BETTER THE END RESULT.

- SEVERAL VARIATION OF THIS BUN EXIST, TRY REPLACING THE ALMOND PASTE WITH YOUR FAVOURITE JAM.

- THERE ARE VARIOUS VERSIONS OF THIS TRADITIONAL TREAT EATEN ON SHROVE TUESDAY BEFORE LENT. IT CAN BE FOUND RIGHT THROUGHOUT SCANDINAVIA. KING ADOLF OF SWEDEN DIED AFTER A MEAL CONSISTING OF LOBSTER, SAUERKRAUT, CAVIAR, SMOKED HERRING, CHAMPAGNE AND 14 SEMLOR.