

## Semlor Buns

Originally, the delicious *Semlor* (the almond and cream filled buns) was a tradition reserved for Shrove Tuesday, the last day before the 40 days of the Lenten season. These days, things are a bit more relaxed and the eating of a *Semla* is now a more common Tuesday event for the Swedes throughout the 40 days of Lent.  
12-15 buns.



1 stick butter  
1 1/4 cups milk  
4 cups all-purpose flour  
.25 oz dry yeast  
1/2 cup sugar  
1 tsp ground cardamom  
1/2 tsp salt  
1 egg  
1 1/2 tbs baking powder

Brushing:  
1 egg - beaten

Filling:  
5 oz almond paste (marzipan)  
crumbled bread  
1/4 cup milk - or as needed

Garnish:  
confectioners' sugar for dusting

Melt the butter and add the milk. Heat to 115.

Combine flour, sugar, salt, cardamom, baking powder and yeast. Add the egg and the milk mixture. Knead the dough until smooth and elastic. Cover bowl and allow to rise in a warm spot for 30 minutes.

Move the dough to a lightly floured surface and knead until smooth.  
Form into round balls and place on a greased baking sheet.  
Cover and allow to rise until doubled for 35 to 40 minutes.

Preheat the oven to 475. Brush the buns with beaten egg. Bake in preheated oven for 5 to 10 minutes, until golden brown and the center has firmed. Cool the buns on a cooling rack.

Cut off the tops of the buns, about 1/2 inch. Scoop out some of the center of the buns, leaving a shell of at least 1/2 inch thick.

Tear the removed bread into small pieces and place into a bowl. Moisten the bread with milk, then mix in marzipan until smooth. Add additional milk if needed until the marzipan filling is nearly as soft as pudding.

Whip the cream to stiff peaks.

Fill each bun with a spoonful of the bread filling and pipe the whipped cream on top.

Replace the tops onto the buns and sift over confectioners sugar.