



BERGEN CINNAMON BUNS

(Skillingsboller) Recipe by Nevada Berg

Skillingsboller (that's the plural) get their name from an old custom of naming baked goods after their price. They used to cost a skilling each, and even though that's no longer the case, the name has stuck. This version includes some rye flour. It gives the buns a bit more texture and depth, which complements the sweetness perfectly. Note: Read through your recipe before you begin. You'll want to allow enough time for the 2 rises.



PREP TIME
1 HR



BAKE TIME
10 MIN



SERVINGS
20 BUNS

Instructions

Tools: 2 prepared baking sheets, parchment paper, stand mixer (optional), rolling pin.

For the buns:

Melt the butter in a small saucepan over medium heat. Add the milk and heat until lukewarm. Pour into the bowl of a stand mixer with the dough hook attachment. (This part can be done by hand, as well.) Add the AP and rye flours, sugar, yeast, and salt. Knead on medium-low for 8 minutes or until soft and elastic. Transfer the dough to a lightly buttered bowl, cover with a tea towel, and let rise in a warm spot for 1 hour or until doubled in size.

For the filling:

In a small bowl, combine the butter, sugar, and cinnamon. On a lightly floured surface, use a rolling pin to roll out the dough into a large rectangle that measures roughly 18x24 inches (45 x 60 cm). Using a rubber spatula, spread the filling evenly across the dough, all the way to the edges. Roll the long side of the dough around the filling, forming a long, roughly 24-inch (60 cm) log. Using a sharp knife, cut the log into 20 equal-sized buns. Divide the buns between the 2 prepared baking sheets, cover with a tea towel, and let rise for 40 minutes.

Preheat the oven to 425 degrees F on the convection setting or 450 degrees F on the conventional setting.

Bake for 10 minutes or until nicely browned. Transfer to a wire rack to cool. Sprinkle the buns with sugar and serve. Store leftovers in a resealable plastic bag at room temperature for up to 2 days or freeze for up to 3 months.

Ingredients

For the buns:

- 2/3 cup (150 g) lightly salted butter
- 2-1/2 cups (600 ml) whole milk
- 5 cups (600 g) all-purpose flour, sifted
- 2-1/2 cups (300 g) rye flour
- 3/4 cup (150 g) granulated sugar, plus more for sprinkling
- 2 ounces (50 g) fresh yeast or 2/3 ounces (17g) active dry yeast
- 1 teaspoon salt

For the filling:

- 3/4 cup plus 1 teaspoon (175 g) lightly salted butter, room temperature
- 3/4 cup plus 2 tablespoons (175 g) granulated sugar
- 2 tablespoons ground cinnamon