



Norwegian Cinnamon Rolls

Cinnamon rolls are as popular in Norway as in the United States. The difference is that we don't use cream cheese frosting on top. They are in a Norwegian style, so expect them to be different.

Servings: 12 rolls

Preparation time:

60 minutes

Baking time: 15-17 minutes

Total time: 2 hours

Baking Temperature:

200°C Celsius

400°F Fahrenheit

Measurements

1000g white flour

2 tbsp. cardamom

150g sugar

6 dl. milk

100g yeast

150g butter

1 tbsp. vanilla

2 tbsp cinnamon

200g sugar

200g butter

2 tbsp. cinnamon

Directions

- ☞ Start by melting butter in a small casserole pot.
- ☞ When melted add in the milk and heat up to approximately 37-40°C (100-110°F) + (2 minutes should do it)
- ☞ Add flour, cardamom, sugar, vanilla, cinnamon, and yeast in a mixer bowl.
- ☞ Pour in the butter and milk mixture.
- ☞ Use the "hook" tool and start the mixer at low speed for 2 minutes.
- ☞ Continue mixing at full speed for another 7 minutes.
- ☞ Add more flour if the dough gets too sticky.
- ☞ Take out of the bowl and let it rest on the kitchen counter for 15 minutes.
- ☞ Add butter, cinnamon, and sugar to a mixer with the grinding tool. Whisk this until it has gotten a smooth consistency. (Would be easier if you'd use room tempered butter.)
- ☞ Flatten out the dough with a roller, and spread a thin layer of the cinnamon mixture.
- ☞ Roll it up and cut out 9 rolls.
- ☞ Place 9 rolls on each baking sheet, with a baking paper.
- ☞ Mix 1 egg + 2 tbsp. hot water, and brush the rolls with the mixture.
- ☞ Let the rolls rise for about 20-30 minutes in a hot place.
- ☞ Quickly get them into the oven. They need about 17 minutes to bake. When the color is golden brown, they are done.