

Swedish Cardamom Bread

Yield: 2 loaves

DOUGH

- 1 1/2 cups (340g) Milk, warm
- 1 pkg/ 2 teaspoons (7g) Yeast, active dry
- 2 teaspoons (4g) Cardamom, ground
- 1 Egg + 1 Egg Yolk (reserve the white) (75g)
- 1/3 cup (66g) Sugar, granulated
- 1/4 teaspoon (2g) Salt, table
- 1/2 cup (112g) Butter, softened
- 5 - 5 1/2 cups Flour, bread or all-purpose

FILLING

- Reserved egg white (35g)
- 2 tablespoons (25g) Sugar, granulated
- 2 teaspoons (4g) Cinnamon, ground
- 1/4 cup (30g) Almonds, chopped

EGG WASH

- 1 Egg (55g)
- 1 tablespoon (14g) Milk

DOUGH PREPARATION

In a large bowl, dissolve yeast in warm milk. Add the cardamom, sugar, egg and yolk, salt, and butter; blend. Mix in 400 grams of flour. Beat until smooth. Stir in the remaining 300 grams of flour to form a soft dough.

Turn the dough onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Round the dough into a ball and place it in the bowl. Cover and let rise in a warm place until doubled, about 1 hour.

Gently degas the dough. Follow shaping and baking instructions.



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FILLING PREPARATION

Beat the egg white just until evenly mixed; use to paint dough. Combine the sugar and cinnamon until evenly blended. Leave the almonds for scattering on dough.

SHAPING OPTIONS

1. Divide each half into three portions. On a lightly floured surface, shape each portion into a 16-in.-long rope, slightly tapered at each end. Place three ropes on a greased or parchment-lined baking sheet and braid; pinch ends to seal and tuck under. Repeat with remaining dough. Cover and let rise until doubled, about 45 minutes.
2. Roll each half into a rectangle, approximately 12x16 inches. Paint with half of the egg white and water mixture. Sprinkle half of the cinnamon sugar mixture over the rectangle, leaving a clean $\frac{1}{2}$ to $\frac{3}{4}$ inch margin around all sides. Scatter half of the chopped almonds over the cinnamon sugar mixture. Roll up the dough from the long side. Seal the seam by pinching the dough together; turn so that the seam faces the work surface. Roll back and forth with light pressure to ensure that the seam is fully sealed. Then seal the ends by pressing down with the edge of your hand and tuck the ends under the roll. Pick the sealed roll up and place it on a lightly greased or parchment-lined baking sheet. Leave the roll in a straight line. Using scissors held at roughly a 30-degree angle from horizontal, cut one-inch slices almost all of the way through the roll, leaving just the bottom layer connected. Turn the first slice to the left and the second slice to the right, like alternating leaves on a vine. Continue the alternating left-right-left-right turns for the slices. Cover the dough so that it doesn't dry out and allow it to rise until nearly doubled in size.
3. Using all the dough, roll out a rectangle, approximately 12x32 inches. Paint with the egg white and water mixture. Sprinkle all of the cinnamon sugar mixture over the rectangle, leaving a clean $\frac{1}{2}$ to $\frac{3}{4}$ inch margin around all sides. Scatter all of the chopped almonds over the cinnamon sugar mixture. Roll up the dough from the long side. Seal the seam by pinching the dough together; turn so that the seam faces the work surface. Roll back and forth with light pressure to ensure that the seam is fully sealed. Then seal the ends by pressing down with the edge of your hand and tuck the ends under the roll. Pick the sealed roll up and place it on a lightly greased or parchment-lined baking sheet. Curve the roll into a circle, with the ends touching. Using scissors held at roughly a 30-degree angle from horizontal, cut one-inch slices almost all of the way through the roll, leaving just the bottom layer connected. Turn the first slice to the left and the second slice to the right, like alternating leaves on a vine. Continue the alternating left-right-left-right

turns for the slices so that the finished bread looks like a wreath. Cover the dough so that it doesn't dry out and allow it to rise until nearly doubled in size.

4. Roll each half into a rectangle, approximately 12x16 inches. Paint with half of the egg white and water mixture. Sprinkle half of the cinnamon sugar mixture over the rectangle, leaving a clean $\frac{1}{2}$ to $\frac{3}{4}$ inch margin around all sides. Scatter half of the chopped almonds over the cinnamon sugar mixture. Roll up the dough from the long side. Seal the seam by pinching the dough together; turn so that the seam faces the work surface. Roll back and forth with light pressure to ensure that the seam is fully sealed. Then seal the ends by pressing down with the edge of your hand and tuck the ends under the roll. Using a sharp knife, split the roll in half, lengthwise. Pick up one half of the split roll and place it on a lightly greased or parchment-lined baking sheet with the cut face upward. Pick up the second half and place it next to the first half, also cut side up, so that the two pieces almost touch. Gently twist the two halves together from one end to the other so that they resemble a rope. Tuck the ends underneath. Cover the dough so that it doesn't dry out and allow it to rise until nearly doubled in size.

5. Roll each half into a rectangle, approximately 12x16 inches. Paint the central third of the dough along the long axis with half of the egg white and water mixture. Sprinkle half of the cinnamon sugar mixture over egg-washed area. Scatter half of the chopped almonds over the cinnamon sugar mixture. Make a series of angled, parallel cuts in the outer third (on either side of the filled center area) of the dough, from the edge of the filling to the outer edge of the dough. The cuts should be $\frac{1}{2}$ to $\frac{3}{4}$ of an inch apart, forming an equal number of dough strips, like a chevron, on either side of the filling. Starting at one end, fold the first left-hand strip across the filling. Then fold the first right-hand strip across the filling and the first left-hand strip. Continue folding alternating strips across the filling and previous strips, producing a braided appearance. Tuck loose ends of the strips inside. Cover the dough so that it doesn't dry out and allow it to rise until nearly doubled in size.

BAKING DIRECTIONS

Beat together the egg and milk for the egg wash until evenly mixed.

Preheat the oven to 350°F. When the oven is at temperature, brush the loaves with the egg wash. (Option: scatter sliced or slivered almonds, or pearl sugar, on the egg-washed surface just before baking.) Bake for 30-35 minutes or until golden brown. Remove from pans to wire racks.