

Today, Archie and Violet
are making
Korvapuusti
(Cinnamon Rolls)

Korvapuusti is Finland's famous cinnamon roll, but with a twist. Made from a cardamom-flavoured dough, shaped like a folded "ear" (its name literally means "slapped ear"), and topped with crunchy pearl sugar, it's less sweet than versions found elsewhere. Inspired by old European spiced breads and shaped by Finnish tastes, korvapuusti became a favourite as home baking spread in the 1800s. Today, it's a staple of Finnish coffee breaks and so loved that it even has its own celebration day on October 4th.

Ingredients

(3 baking trays of buns):



Dough:

- 5 dl / 2 cups milk
- 50 g fresh yeast / 2,5 tbsp dry yeast
- 1 egg
- 2 dl / about $\frac{3}{4}$ cup sugar
- 1-2 tbsp cardamom
- 1 tsp salt
- 13-15 dl / 5,5-6 cups white wheat flour (all-purpose)
- 150-200 g / $\frac{3}{4}$ cup of butter, but could use a little more or less

Filling:

- 100 g / about $\frac{1}{3}$ cup butter
- cinnamon
- sugar

Finishing

- 1 egg

Decoration

- sugar (not necessary)

lll



Instructions:

1. Start by taking butter to soften in room temperature about an hour before you start to make the dough.
2. Gently heat the milk until it is lukewarm. Sprinkle in the yeast and mix to combine. (If using dry yeast, the milk should be slightly warmer.)
3. Add the sugar, egg, cardamom, salt, and about $\frac{3}{4}$ of the flour.
4. Using your hands, work the softened butter into the dough and begin kneading. Gradually add the remaining flour a little at a time as you knead.

Tip: Kneading is a crucial step when making cinnamon rolls. The longer and better you knead, the fluffier the dough will be, so take your time.

5. Continue kneading until the dough is smooth and slightly springy. It's ready when it pulls away from the sides of the bowl and doesn't stick too much. If it's still sticky, add a little more flour and knead again.
6. Cover the dough with a clean cloth and place it in a warm spot to rise. Let it rest for 45 minutes to 1 hour, or until it has doubled in size.
7. While the dough is rising, take the butter for the filling out of the fridge and let it soften at room temperature.
8. Lightly dust a clean work surface with all-purpose flour. Turn the dough out onto the surface and divide it into three equal pieces.
9. Using a rolling pin, roll each piece into a rectangular sheet, about 30 x 50-60 cm.
10. Spread the softened butter evenly over each sheet with a knife, then sprinkle the cinnamon and sugar over the butter layer.
11. Roll the dough sheet into a tight roll and leave the seam underneath the roll.
12. Cut the roll into to a triangle-shaped pieces.
13. Place the pieces on the table the narrower side facing up. Use your thumb to press the top of the pieces all the way to the bottom.
14. Lift the ready buns on the baking tray (use parchment paper to prevent sticking) and let them raise under the cloth while pre-heating the oven to 225°C.
15. Once the oven is hot and the rolls have finished rising, brush them with beaten egg using a pastry brush. If you like, sprinkle sugar crystals or fine sugar on top.
16. Bake at 225°C for 10-15 minutes.
17. The rolls are ready when they turn golden brown.
18. Enjoy or Hyvää ruokahalua as they say in Finnish!

Thank you Saimaalive for the amazing recipe