Cardamom buns

Recipe by V-ZUG Ltd.



Preparation	40 Mins
Resting time	2 Hrs
Cooking time	20 Mins
Piece	20
Appliance	Combair V600 from 2024

Cardamom buns are a favourite yeast pastry from Scandinavia. The dough and filling are refined with ground cardamom, which gives them their characteristic taste. It's the buttery filling and the spicy sugar sprinkled over the buns that really make this a particularly delicious pastry.

Dough

500 g white flour

1 tbsp sugar

1½ tsp salt

1 tsp cardamom powder

½ yeast cube (about 20 g), crumbled

150 ml milk

100 ml water

100 g butter, chopped into cubes

Filling

200 g sugar

1 tsp cardamom powder

½ tsp cinnamon

150 g soft butter

2 pinches of salt

Some milk

Syrup

50 ml water

50 g sugar

Dough

Mix the flour, sugar, salt and cardamom powder in a bowl. Mix in the yeast. Pour in the milk and water, add the butter and knead into a soft, smooth dough. Cover the dough and leave to rest at room temperature for about 30 minutes, then leave to rest in the refrigerator for about 30 minutes.

Filling

Mix the sugar, cardamom powder and cinnamon in a bowl and set about ⅓ of the mix aside. Add the butter and salt to the remaining sugar mix and beat together.

Shaping

Roll out the dough into a square about 40 × 40 cm in size and spread the filling evenly on top. Fold the top third of the long side over and fold the bottom third over that. Roll out the dough again into a rectangle about 40 × 20 cm in size. Cut the dough into 20 strips, each about 2 cm wide. Stretch each strip slightly, then wrap it twice around two fingers, place the remaining strip across it and press the end into the middle. Put the buns with the nice side facing up on two baking trays lined with baking paper, cover and leave to rise for about 1 hour.

Syrup

Preheat the cooking space to 190 °C using the hot air humid mode. Brush the buns with a little milk, put the baking trays into the preheated cooking space and bake for about 20 minutes. Put the water and sugar in a pan and bring to the boil. Allow the liquid to simmer for about 5 minutes until reduced to a syrup-like consistency and then to cool slightly. Take the buns out of the cooking space, place on a wire rack, while still hot brush with the syrup and sprinkle with the cardamom sugar set aside.

(Pre-)heat cooking space to 190 °C with Hot air humid

Put the pastry in

Hot air humid 190 °C for 20 Mins

Tips

Cardamom powder can be substituted with cardamom pods: crush the pods, remove the shell and grind the seeds.

Add some lemon juice to the syrup.

Accessories

Baking tray

Additional information

Created on	05.08.2025