

LUSSEKATTER (SAFFRON BUNS)

1 kg	white flour	(1000 ml or approx. 4 ½ cups)
5 dl	milk	(500 ml or 2 cups)
45-50 g	yeast	(1 ½ - 2 oz)
	a little white sugar	
1	egg	
2 g	saffron	(½ tsp)
150 – 200 g	butter	(10 – 14 Tbsp)
2 – 3 dl	sugar	(200 – 300 ml or ¾ - 1 ⅛ cup)
	raisins	



☞ Dry saffron in warm oven. Grind fine with a little sugar in a mortar and pestle

☞ Dissolve yeast in warm water with a little sugar

☞ Melt butter in a pot and pour in milk and warm to lukewarm

☞ Blend saffron into milk. (The ground saffron can also be diluted in a little schnapps or cognac and poured into the milk mixture.)

☞ Pour liquid into mixing bowl and stir in flour, a little at a time, until a loose, thick, smooth batter forms

☞ Blend in the yeast, sugar, egg and then more flour, a little at a time

☞ Knead vigorously, adding flour as needed until the dough is smooth, thick and shiny and doesn't stick to the bowl

☞ Sprinkle top of dough with a little flour and place a clean dishcloth over the bowl and leave it in a warm place and let rise until double in size

☞ Turn out onto board and break off pieces of dough and roll with hands into 4 in. (10 cm) long and ½ in. (1.5 cm) thick 'ropes'

☞ Coil each end in, making a figure "S". Place one "S" cross-wise on top of another and place on a greased baking sheet

☞ Press a raisin into the centre of each spiral

☞ Cover and let buns rise until about double in size (until they feel spongy when pressed lightly with finger)

☞ Gently brush a lightly beaten egg onto the buns

☞ Bake at 375°F (190°C)

☞ The buns should have a nice golden brown colour and feel light when done (approximately 10 minutes)

☞ Place buns on a soft cloth, cover with a clean towel and let cool

