

St. Lucia Saffron Buns Recipe

Prep time: 2 hours, 30 minutes

Cook Time 12 to 15 minutes

Yield: 1 dozen buns

This recipe makes 12 good sized buns. You can easily double the recipe.

Note the cardamom is optional.

Ingredients

- 3/4 cup milk
- 1/2 teaspoon saffron threads
- 1 teaspoon plus 1/4 cup white, granulated sugar
- 1 tablespoon instant dry yeast
- 3 1/2 to 4 cups unbleached all-purpose flour
- 1/2 teaspoon kosher salt
- The seeds from 3 cardamom pods, ground (optional)
- 1/4 cup (1/2 stick, 4 Tablespoons butter, softened
- 1/4 cup of sour cream
- Raisins soaked

Warm the milk, saffron and 1 teaspoon of sugar to about 115 degrees. Sprinkle the yeast over top.

In a bowl mix together 3 1/2 cups flour, remaining sugar, salt and ground cardamom. Make a well in the center and add the yeast milk and saffron mixture, the eggs, the butter and the sour cream. Mix until well incorporated. If dough is stiff enough turn out onto a floured board to knead by hand or at this point put into a kitchen aid type mixer with a dough hook or use a food processor with a dough blade and knead the dough slowly adding flour as needed. Then shape into a ball and let rest one to two hours until double in bulk.

When the dough has doubled in size, gently press it down and knead it a couple of times. Break off a piece and form it into a ball about 2 inches wide (60 to 70 grams if you are weighing). Roll the ball out into a snake, about 14 inches long. Then Curl the ends in opposite directions, forming an "S" with spirals at each end. Place on a lined baking sheet and repeat with the rest of the dough. Cover with plastic wrap and place in a warm spot until the dough is double in size. Shape and rest 30 minutes. Using a pastry brush, brush with egg or cream. Add soaked raisins to centers of the spirals. Preheat oven to 400 degrees. Bake for 10 to 15 minutes.

