

Semlor/Semla Swedish Cream Buns or Fat Tuesday Buns

The Recipe: Ingredients:

.

- 2 eggs
- 2/3 cups of butter, melted
- 1 1/2 cups warm milk
- 1/2 tablespoon instant yeast
- 5 cups all-purpose flour
- 1/2 cups white sugar 1/2 teaspoon salt
- 1 teaspoon ground cardamom
- 1 cup all-purpose flour
- 4 teaspoons baking powder
- 1/2 cup milk or as needed
- 5 ounces almond paste
- 2 cups whipping cream 2 tablespoons white sugar
- Confectioners' sugar for dusting

Directions:

1. In a large bowl, whisk together eggs with butter and milk. Sprinkle yeast ovetop and allow to soften for 5 minutes. Meanwhile, sift together 5 cups flour with 1/2 cup sugar, salt and ground cardamom. Once yeast has softened, stir flour mixture into milk mixture until a soft dough forms. Cover bowl with a towel, and allow to rise in a warm spot for 30 minutes.
2. Sift together flour and baking powder. Stir into risen dough, then knead until smooth. Form into 16 balls (or 24 is you like smaller semlor) and place on greased baking sheets. Cover with a towel, and allow to rise until double in bulk, 35 to 40 minutes.
3. Preheat oven to 375 degrees F (190 degrees C).
4. Bake in preheated oven 10 to 15 minutes until golden brown and the center has firmed. Cool buns on a wire rack back to room temperature.
5. Once cool, cut a slice about 1/2 inch thick off of the top of the bun and set aside. Scoop or cut out the center of the buns, leaving a shell about 1/2 inches thick. Tear the removed bread into small pieces and place into a bowl. Moisten the bread with milk, and then mix in marzipan until smooth. Add additional milk if needed until the almond paste filling is nearly as soft as pudding.
6. Whip cream with 2 tablespoons sugar to stiff peaks. Fill each shell with a spoonful of marzipan filling. Pipe whipped cream on top of the filling to 1/2 inch over the top of the bun. Replace the tops onto the buns, and dust with confectioner's sugar before serving.

History: Semla derives from the Latin similia, which means fine wheat flour. Records suggest semlor first became popular in Sweden in 1541. King Adolf Fredrik died on February 12, 1771, after consuming a luxurious banquet consisting of lobster, caviar, sauerkraut, smoked herring and champagne, which was topped off by fourteen helpings of hetvägg, the king's favorite dessert rounded off with 14 servings of "hetvägg", semla served in a warm bowl of milk, they were outlawed for years after the event.

