

Recipe

# RASPBERRY CARDAMOM BUNS

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# THE DOUGH

1 dough 3 amazing recipes

Recipe: **ROBERTA DALL'ALBA**

## INGREDIENTS

- 87 gr almond milk (warm)
- 12 gr fresh yeast
- 1 tsp honey
- 65 gr applesauce (aka  
apple purée, at room  
temperature)
- 270 gr organic white spelt flour,  
plus extra for dusting
- 32 gr extra virgin olive oil,
- 1 tbsp water  
(at room temperature),
- 20 gr raw brown sugar
- 7 gr salt



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You can make this dough with or without a stand mixer.

I've used my bread machine to knead the dough, but you can also use your hands (elbow grease never hurt!)

If using a stand mixer/bread machine:

- STEP 1** Combine almond milk, fresh yeast and honey and let the yeast melt. Activate the machine at low speed (choose dough setting if using a bread machine).
- STEP 2** Add the applesauce and gradually sift the flour into the machine's pan.
- STEP 3** Drizzle oil and water and let them blend until fully absorbed.
- STEP 4** Add brown sugar and salt and let knead for 15 minutes, until you obtain a nice and smooth (slightly sticky) dough.
- STEP 5** Put the dough into a bowl and cover, let it rise in a warm place for 1.5/2 hours or until doubled.

# RASPBERRY CARDAMOM BUNS

1 dough 3 amazing recipes

Recipe: **ROBERTA DALL'ALBA**

## INGREDIENTS

- 25 gr raw brown sugar
- 1 tsp cardamom powder
- 145 gr raspberry jam
- 30 gr fresh raspberries
- egg yolk + a drop of almond milk, to brush



**SERVING**

16 small buns



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- STEP 1** Prepare the dough as mentioned above.
- STEP 2** On a floured surface, roll out the dough to be about 30 x 40 cm.
- STEP 3** Spread the raspberry jam all over, and place some fresh raspberries on the surface (slightly flatten them).
- STEP 4** Combine cardamom powder and brown sugar, then sprinkle it onto the filling.
- STEP 5** Fold the dough in 2 or 3 lengthways. You should end up with a rectangle.
- STEP 6** Using a pizza cutter, cut 16 strips of dough (starting from the long side of the rectangle).
- STEP 7** Take one strip and spin it around a few times. Curl into a 'knot' and make sure both ends are tucked under so they do not open during baking.
- STEP 8** Place the knots spaced well apart on a baking sheet and let rise – covered - in a warm place for 30 minutes.
- STEP 9** Meanwhile preheat your oven at 200°C.
- STEP 10** After 30 minutes of rising, brush the raspberry cardamom buns with egg yolk + a drop of almond milk, and bake for 15 minutes.
- STEP 11** Check them frequently to be sure they do not burn (every oven is different).
- STEP 12** Let them cool and eat them immediately, or freeze them.