

Lingonberry Morning Buns

makes 12

Ingredients:

Bread:

- 3 1/2 c. (490 g) flour
- 1 1/2 c. (12 fl. oz.) (340 g) warm (**not hot**) water
- 2 tsp. (6 g) dry yeast
- 1 tsp. (8 g) fine sea salt
- 2 tsp. (8 g) melted butter

Filling:

7 oz. (200 g) Lingonberry jam (1/2 a jar)

****extra butter and sugar for coating muffin tins and dough****

Directions:

Bread:

1. Sift your flour into your medium to large sized bowl (metal preferred). Warm your water. (**helpful hint**: warming it in the microwave for 30 seconds should do the trick) and then add your yeast into your warm water (for about 5 minutes for it to soften, give it a light stir to help it along), then add your melted butter (not too hot or it will kill the yeast) and your salt. Mix it all together and then pour it into your flour.
2. With a wooden spoon mix your dry and wet ingredients together until it becomes hard to mix, then pour it onto your well-floured countertop and begin to knead it until it becomes smooth and elastic (this should take about 5 minutes). Take your dough and put it into a clean medium to large size bowl, which has been greased with butter. Let it rest and double in size with a clean towel covering it in a warm, dry place (like your oven) for 1 1/2 hours.
3. Once your dough has doubled in size then take it out and put it onto a well-floured counter top, help things along by shaping it into a square and then begin to roll out your dough with your rolling pin until it's about 3/4 of an inch thick.

Materials Needed:

Cupcake/Muffin Pan
2 medium to large size bowls
Rolling Pin
Pastry Brush
Sifter
1 large cup

4. Slather on your Lingonberry jam onto the open side of the dough and then tightly and carefully begin to roll it like a cinnamon roll. Once it has been completely rolled, pinch the end/open side of the dough to the remainder of the dough. Cut your dough into 12 pieces with a serrated knife.
5. Take your muffin pan, and with extra butter and your pastry brush, grease each muffin tin thoroughly getting all the edges, leaving no tin hole unbuttered. Take each morning bun and put it in your muffin tin, then cover it with a towel and let it rest for another 30 minutes to 1 hour, once again in a warm dry place (like your oven) to help it rise some more.
6. Preheat your oven to 375F/190C, take some butter and melt it (about 2 tablespoons/30 grams should do) and brush the top of your morning buns with melted butter followed by a sprinkle of sugar and fine sea salt. Bake your morning buns for 35 to 45 minutes, check after 30. When your morning buns are done, let them cool for about 3 minutes and then carefully twist them out of each tin and place them on a cooling rack to cool more until you are ready to eat and then enjoy!