Recipe for “Kanelbullar” (cinnamon buns) à la *Kristin*

50 g yeast
5 dl (deciliter) milk
150 g room temperature butter
1 1/2 dl sugar
1 teaspoon salt
2 teaspoons ground cardamom
15-16 dl wheat flour

Filling:
200 g butter
1 1/4 dl sugar
1 dl brown sugar
2 tablespoons cinnamon

Brushing:
eggs, powdered sugar

1. Crumble yeast in a bowl. Heat the milk to 37 degrees and pour over the yeast. Stir until dissolved.

2. Add butter in clicks, sugar, salt, cardamom and most of the flour. Work the dough well, in machine 10 minutes or 15 minutes by hand. Let the dough rest for 15 minutes.

3. Make the filling: Stir together butter, sugar, brown sugar, and cinnamon.

4. Take the dough on a floured baking sheet and divide into two pieces.

5. Roll out each piece into an oblong plate, wide on the filling. Roll up, cut into pieces.

6. Place the buns in a form or on a plate with baking paper. Let ferment for 1 hour.

7. Gently press on a bun, the dough should go out again, then it is ready to rise.

8. Brush with beaten egg and sprinkle with grains of sugar and bake in the middle of the oven at 225 degrees, 10 minutes.

Recipe from Hugo Genemo, Officer on the fishing vessel *Kristin*

Source: Sea blog of the research cruise with scientists of the Thünen Institute of Baltic Sea Fisheries, May 2021 (https://www.thuenen.de/index.php?id=11708)