

Fastelavnsboller

Danish Lenten Buns



Ingredients for 12 buns

Dough:

100 grams (plant) margarine/butter

300 ml soy milk

600 grams wheat flour (plus a bit extra)

1 sachet of dry yeast

50 grams sugar

1 tsp vanilla extract

1/2 tsp ground cardamom

1 tsp salt

Soy milk for brushing the buns

Filling:

150 grams (raw) marzipan*

150 grams sugar

120 grams plant butter

Whipping cream (optional)

*I have never made fastelavnsboller with the type of marzipan that is ready made for cake icing. You can try it if that is all you can get hold of but I have no idea how it will turn out! If you are using this type of marzipan you may want to reduce the amount of sugar you add.

Icing:

Icing sugar

Water

Cocoa powder*

How much icing sugar and water? Approximately 1 tbsp icing sugar per bun and then add water a little bit at a time. The icing should be pretty thick, you don't want it run down the sides of the buns. It should sit nicely on top of the bun.

*You can use something else for the colour/flavour of the icing if you prefer, or just leave it as plain icing.

How to make it:

Melt the butter on low heat in a saucepan. When it is approximately 75% melted, take it off the heat and let the rest of the butter melt in the heat from the already melted butter.

In a bowl, mix flour, yeast, sugar, vanilla extract, cardamom and salt.

Add the milk to the melted butter, mix it together. Then add to the bowl and mix all the ingredients until you have a smooth dough. You may need to add a bit of extra flour if the dough is sticky.

Put a tsp of neutral oil in the bowl and turn the dough in the oil so it is lightly covered. This will prevent the dough from drying out while rising.

Cover the bowl and leave to rise until approximately double in size.

Prepare the filling: mix marzipan, sugar and butter until you have smooth mass. Put the filling in the fridge.

Once the dough has risen, roll it out until it is about 4-5mm thick. Divide into 12 sections. (Each section should be about 12cm (5") on each side.)

Put filling in the centre of each section, about 1 tbsp. It can be tricky to do it evenly by eye, so I usually divide the filling into 12 so I can be sure to add the same amount of filling in each bun.

Now comes the tricky bit: closing the buns.

Pull two opposite corners towards the middle and pinch them together. Then pull the remaining two corners and pinch together with the first two. Then pinch along the openings, making sure that it is properly sealed. See this video (In Danish) for how to do it: <https://youtu.be/2ZCVbBAwia0>

Turn over the bun, so the closure is facing down. Gently shape the bun so that it is round.

Place the buns on baking trays, on baking paper. Leave to rise under cover somewhere warm for about 45 minutes.

Brush with milk.

Bake the buns at 200°C for about 15 minutes, until they are lightly golden.

If some of the filling has seeped out (this is why you want to use baking paper) of some of the buns, don't worry, there will still be some in the bun. And don't throw away the caramellised marzipan ooze, it is delicious.

Let the buns cool down completely.

If you want to add whipped cream to your buns, cut them in half now. Add icing to the top of the bun. Leave the icing sugar to set. If you can! :-)

Add 2-3 tbsp of whipped cream on the bottom half of the bun and then put the top half back on. Take care not to squeeze it. Enjoy!

P.S. There is no way that you won't get cream/icing all over your fingers, so have a napkin or paper towel to hand. Or eat the bun with a fork.