

# Recipes

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# Preface

This is a Quarto book.

# 1 Homemade almond paste

## 1.1 Ingredients

200 g raw almonds, skin on

200 g granulated sugar

if necessary, a little cold water

parchment paper and plastic wrap/airtight (plastic) bag ## Instructions

Blanch almonds by putting them in a pot and pour (cold) water until all almonds are submerged.

Bring to a boil and turn down to simmer. Let the almonds simmer until the skin visibly starts to wrinkle.

Strain the almonds, then peel them. Place the peeled almonds in a heat proof bowl (or pot).

Boil some more water, enough to cover the peeled almonds. Pour the hot water over the almonds and soak them for about 20 mins (or until they soften a bit).

Strain the almonds and place them together with the granulated sugar in a food processor. Mix them together until the mixture is smooth. You may need to add some water if the mixture looks dry and doesn't keep together.

Turn the mixture out on parchment paper and roll into a log. Wrap the log with parchment paper, then wrap the paper-wrapped log with plastic wrap, alternatively place the log into a plastic bag to keep from drying too quickly.

## Store

The almond paste can be stored in the fridge for 2-3 weeks. It also freezes well.

## 2 Easy pizza dough (4 pizzas)

8 g (1 1/2 tsp) dry active yeast  
400 g (400 ml) cold water  
25 g (2 Tbsp) olive oil  
600 g ( ) bread flour  
8 g (2 tsp) granulated sugar  
12 g (2 tsp) salt

Prepare the dry active yeast according to the instructions on the package. Mix all ingredients together in a mixing bowl until they all come together properly, no need to knead the dough. Cover the bowl and let the dough rest at room temperature for about 45 minutes.

Scrape the dough out on a floured workbench and cut it into four pieces (or more for smaller pizzas). Shape each piece into a ball by tucking the edges towards the middle to get tension on the surface.

Put the balls onto a tray (or a larger plate). Pour a couple of drops of olive oil onto each ball and spread out the oil so the surface of the balls is covered with olive oil. Cover with plastic wrap, and put the tray into the fridge to let the dough balls proof for 8-24 hours (up to 48 hours should work).

Preheat the oven to 480 F, or the highest temperature, for at least 30 minutes before baking the pizzas. Prepare toppings.

Prepare one dough ball at a time; stretch or roll out the dough, cover with toppings (tomato sauce, cheese, toppings), and bake one pizza at a time for approx 5-10 mins. Let cool on a cooling rack until ready to eat.

### 2.1 Notes

Source: “Bröd & pizza”, Martin Johansson, 2012, Natur & Kultur, Stockholm

## 3 Flaky tart and pie dough

(two 9- or 10-inch tarts or pie shells)

### 3.1 I: Flaky tart dough

#### 3.1.1 Ingredients

1 tsp (5 ml) salt  
150 ml (2/3 cup / 5 1/2 oz) water, very cold  
455 g (1 lb / 3 cups + 2 Tbsp) all-purpose flour  
300 g (10 1/2 oz / 1 cup + 5 Tbsp) unsalted butter, very cold

#### 3.1.2 Directions

Measure up the flour in a bowl and put it into the freezer while you prepare the other ingredients. Add salt to a container filled with cold water and stir to dissolve the salt. Put the container into the fridge. Measure the butter and cut into cubes, approx 1-inch pieces. Put the butter into the freezer for approx 7 mins. If butter is still soft, leave it in for another couple of minutes. It should not be completely frozen and hard.

When the butter has chilled, start making the dough. Transfer the water into the freezer and set a timer for 8 mins. While the water is being chilled, put the cold flour in a mixing bowl and scatter the butter over. Toss the butter with the flour and make sure the cubes are all covered with flour, then squish each cube flat.

Drizzle the chilled water mixture over flour-butter mix, and stir and toss with a fork until the dough comes together in a shaggy mass. Press the dough mixture together to get it a little more cohesive but make sure not to knead it. You should be able to see butter chunks.

Transfer dough mass onto a work surface, and shape into a small rectangular shape. Dust the rolling pin and roll out the dough rectangle with 2-3 rolls keeping a rectangular shape. With a bench scraper, scrape and fold the top, bottom, and sides together again to the original size. Place any loose pieces on top and reroll. Dust workspace lightly if needed. Repeat rolling and folding twice until the dough becomes more smooth and cohesive. Avoid to overwork the dough, it should appear marbled with butter.

Divide the dough into 2 equal pieces and shape each piece into a disk, approx 1 inch thick. Cover dough in plastic wrap and chill well in the fridge for about 2 hours before rolling it out. The dough can be kept in the fridge overnight or in the freezer for up to 2 weeks.

Roll out appr 1/8 inch thick.

Bake at 375 F. If the tart/galette/pie is browning too quickly, reduce the oven to 350 F or place aluminium foil on top.

Let cool on a wire rack.

## **3.2 II: Old-fashioned flaky pie dough**

### **3.2.1 Ingredients**

1 tsp (5 ml / 4 g) Kosher salt

1 Tbsp (15 g / 1/2 oz) sugar

225 g (1 2/3 cups / 8 oz) all-purpose flour

225 g (8 oz / 2 sticks) unsalted American butter, very cold

115 g (1/2 cup) water, very cold

### **3.2.2 Directions**

For the Dough: Whisk flour, sugar, and salt together in a medium bowl. Cut butter into 1/2-inch cubes (this size is important, as smaller pieces will melt too fast) and toss with flour mixture to break up the pieces. With your fingertips, smash each cube flat—that's it! No rubbing or cutting. Stir in water, then knead dough against the sides of the bowl until it comes together in a shaggy ball. Dough temperature should register between 65 and 70°F (18 and 21°C); if not, refrigerate briefly before rolling and folding.

Make the Layers: On a generously floured work surface, roll dough into a roughly 10- by 15-inch rectangle. Fold the 10-inch sides to the center, then close the newly formed packet like a book. Fold in half once more, bringing the short sides together to create a thick block. Divide in half with a sharp knife or bench scraper. Dough temperature should still be somewhere between 65 and 70°F (18 and 21°C); if not, refrigerate briefly before proceeding.

For Single-Crusted Pies: Using as much flour as needed, roll one piece into a 14-inch circle and drape across a 9-inch pie plate; it will be super easy to lift by hand. Dust off excess flour with a pastry brush, using it to nestle dough into the very corners of the pan. With scissors or kitchen shears, trim the edge so that it overhangs by 1 1/4 inches all around. Fold overhang over itself to create a thick border that sits atop the rim of the pan. Crimp or shape crust as desired. Repeat with remaining dough. Wrap with plastic and refrigerate at least 2 hours and up to overnight. Use as directed in your favorite recipe.



For a Double-Crusted Pie: Using as much flour as needed, roll one piece into a 14-inch circle and drape across a 9-inch pie plate; it will be super easy to lift by hand. Dust off excess flour with a pastry brush, using it to nestle dough into the very corners of the pan. With scissors or kitchen shears, trim the edge so that it overhangs by 1 inch all around. For a solid top crust, roll remaining dough as before, or roll into a 9- by 15-inch rectangle for a lattice-top pie. Transfer the entire sheet, uncut, to a baking sheet or parchment-lined cutting board. (The parchment will prevent dough from absorbing any savory odors from the board.) Wrap both portions in plastic and refrigerate at least 2 hours and up to overnight. Use as directed in your favorite recipe.

For a Blind-Baked Pie: Adjust oven rack to lower-middle position and preheat to 350°F (177°C). Line chilled pie shell with a large sheet of aluminum foil, pressing so it conforms to the curves of the plate (a second sheet of aluminum may be needed for full coverage). Fill to the brim with sugar, transfer to a half sheet pan, and bake until fully set and golden around the edges, 60 to 75 minutes. Fold long sides of foil toward the middle, gather short sides, and use both hands to carefully transfer sugar to a heat-safe bowl. Let sugar cool to room temperature. If needed, continue baking crust a few minutes more to brown along the bottom.

For Lattice: Roll the remaining dough into a 9- by 15-inch rectangle. It's the perfect size and shape to yield plenty of strips for a lattice-top pie, but it's also big enough that you can cover the whole pie in one solid sheet, with enough extra dough for decorative cutouts, too. Before you can cut out the lattice strips, the dough needs to rest in the refrigerator, or the strips will shrink as the dough relaxes. Transfer the dough to a parchment-lined baking sheet or cutting board so it can lie flat. Cover with plastic, and refrigerate at least two hours and up to 24; any longer and it's better off frozen in carbonite. Refrigeration isn't strictly about relaxing the gluten; it's about chilling the butter to help preserve all those leafy sheets. The cold dough is also much easier to handle because it won't smush or squish out of shape.

[Lattice tutorial](#)

Notes

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Source: I: Flaky Tart Dough, *Tartine* (2006), Prueitt/Robertson

Ratios: 3:2:1, flour:butter:water

II: Old-Fashioned Flaky Pie Dough Recipe, [Serious Eats](#), Stella Parks

Ratios: 2:2:1, flour:butter:water (1:1:0.5)

For consistent results, use a scale and weigh the ingredients.

When room temperature exceeds 74°F, kitchen equipment and pantry staples will act as a heat source to the butter, creating a sticky dough. If it's warm in your kitchen, you can manage dough temperature by: refrigerating ingredients and utensils, cut the butter in chunkier pieces, chill the workspace countertop with bags filled with ice and water, know the dough and its temperature (aim to keep it at 65°F (18°C)).

Old-Fashioned Flaky dough made with European butter becomes quite soft and therefore needs to rest in the fridge for quite a bit longer time than the recipe states. Add at least another 30 minutes.

European vs American butter: the European butter has higher fat content than the American.

## 4 Granola

215 g (2 cups) rolled oats, old-fashioned style  
215 g (2 cups) rye flakes  
65 g flaxseeds  
120 g pumpkin seeds  
35 g coconut flakes  
1 tsp salt  
50 g raw almonds  
45 g raw hazelnuts  
30 g raw pecan halves  
120 g honey, runny  
40 ml (2 Tbsp + 2 tsp) canola oil, or other neutral plant oil  
200 g (200 ml) apple juice

### 4.0.1 Optional mix-in

200 g dried fruit or berries. Add to mixture above after it has been roasted and cooled.

### 4.1 Instructions

1. Preheat the oven to 320-350 F (160-175 C) and line a rimmed baking sheet with parchment paper.
2. Cut the nuts into pieces.
3. Combine all dry ingredients except the coconut flakes in a large mixing bowl. Mix the honey together with the liquids.
4. Pour the liquid mixture over the dry ingredients. Toss and mix together until everything is coated.
5. Spread the mixture in an even layer onto the prepared pan. Bake until golden, for about 30-45 mins or until mixture reaches desired color. Stir the mixture every 7 mins the first couple of times, then stir more frequently as the mixture gets more color.
6. Transfer mixture and parchment paper onto a cooling rack and let cool completely.

7. Spread out the coconut flakes on a baking sheet lined with parchment paper and toast at a lower temperature, approx 300 F, for a few minutes. Keep a close eye because the coconut burns quickly.
8. Transfer the coconut and parchment paper onto a cooling rack and let cool completely.
9. Once everything is cooled, mix the coconut flakes with the other mixture. If using dried fruit or berries, mix them in as well (optional). Store the granola in an airtight container in a cool, dark place.

## 4.2 Notes

Adopted from [Tasteline-Lyxmusli](#)

Use freshly pressed apple juice for best flavor.

Almonds: cut into halves, or three pieces if on the bigger side (approx 2 cm).

Hazelnuts (Filberts): cut into halves, or three pieces if on the bigger side.

Pecan halves: cut into quarters.

Walnut halves: cut into quarters.

Exchanging canola oil to coconut oil may require adjusted ratio of other ingredients.

2018-01-30: Used coconut oil instead of canola oil, and the apple juice flavor didn't come through as prominent as I remember from previous attempts. Could be that the coconut oil takes over and suppresses the juice flavor. Use unrefined coconut oil which is odorless and flavorless.

1/3 cup + 1 Tbsp + 1 tsp flaxseeds

1/3 cup + 1 Tbsp + 1 tsp oat bran

1/2 + 1/3 cup pumpkin seeds

1/2 + 1/3 cup pumpkin seeds

1/3 cup + 1 Tbsp + 1 tsp desiccated coconut

1 tsp salt

1/2 + 1/3 cup nuts, cut into pieces

1/3 cup + 1 Tbsp + 1 tsp honey, runny

2 Tbsp + 2 tsp canola oil

1/2 + 1/3 cup apple juice

## 5 Swedish lent buns - Fastlagbullar (Semlor)

Dough (yields approx 24 buns):

2 tsp active dry yeast (25 g fresh yeast)

250 g milk

250 g water

1 egg

150 g granulated sugar

150 g butter, cold

5 g (1 tsp) salt

10 g (1 Tbsp) cardamom seeds, to grind

850 g bread flour, unbleached

Almond filling:

500 g almond paste

50 g raw almonds, to ground (or 50 g almond meal)

50 g raw almonds, to chop

5 g (1 Tbsp) ground cardamom

20 g (2.5 Tbsp) vanilla sugar

90 g powdered sugar (confectioners' sugar)

150 g milk

Serving:

1000 ml heavy cream

granulated sugar

powdered sugar (confectioners' sugar)

Dough:

1. Grind the cardamom seeds about the size of coarsely ground black pepper.

Follow the instructions on the yeast package to activate it.

Warm the milk and water until finger-warm, not warm nor cold to the touch, and put aside.

Combine of the flour with the remaining dry ingredients.

Pour the milk mixture into a bowl of a stand mixer and add the activated yeast.

Add the flour mixture and the egg, and mix on low speed. Add the butter, cut into thin slices, while the mixer is running. When the butter seems incorporated into the mixture, add the remaining flour.

When the mixture has come together into an even mass, increase the speed until medium and

mix for another few minutes. The dough should start coming clean away from the sides of the bowl, look glossy, and feel elastic. This will take approx 10 mins in total.

1. Transfer the dough onto a floured surface and fold it into a package. (If you mixed the dough by hand, don't worry too much if the dough isn't completely smooth, it'll improve after the first rest).  
Put the package back into the bowl, cover with plastic wrap, and let rest for approx two hours at room temperature. Alternatively, let the dough rest in the fridge overnight (up to 10 hours).
2. By now, the dough should have proofed notably during the rest.  
Transfer dough onto a floured surface and flatten it out a little with your hands. If you let the dough rest in the fridge overnight, take it out about one hour before starting working with it.  
Cut the dough into strips and then into pieces, each about 60 grams (alt. 75 grams). Weigh the first few ones to get an idea of how big the pieces need to be.  
Shape each piece into a ball. As you form the balls, put them, well spaced, onto baking sheets lined with parchment paper.  
Cover the sheets with plastic wrap and let the balls proof until doubled in size, approx two hours.
3. Preheat the oven to 435 F (225 C) (or 415 F /210 C for 70 or 75 grams buns) at least 30 mins before you want to start baking.
4. Make the egg wash by whisking the egg with a pinch of salt and 1 tsp cold water until a darkly yellow and runny mixture.  
Lightly and carefully brush the egg wash onto the rolls.  
Place one sheet at the time into the oven (middle) and bake until deep golden brown color on top and bottom, approx 10-15 minutes (approx 10 minutes for the 70 gram buns and approx 12 minutes for the 75 grams buns). If they start getting color quickly, cover with a piece of aluminum foil until fully baked.  
Remove the buns from the oven and place them on a wire rack to cool. Cover with a kitchen towel while cooling.  
When buns are cooled, transfer them into a plastic ziplock bag to avoid drying too fast. If you are not going to eat them the same day, freeze them.

Filling:

1. Roast 100 grams of almonds at 325 F for approx 10-12 mins. 1. Grind half of them (50 g) into almond flour, and chop the remaining half into small pieces, about 3 mm ( of an inch).
1. Grind the cardamom seeds. About 1.5 tsp seeds will yield 1 Tbsp ground cardamom.
1. Cut the almond paste into chunks, and using a fork or handmixer, mix with the milk. Start with half the milk, adding more as you mix. 1. Combine the remaining ingredients and add them to the mixture. Mix until all is well incorporated into a smooth and fairly soft mixture. Fill a piping bag with the almond mixture and set aside. 1. Cut a triangular lid off the top of each bun with a pair of kitchen scissors, or, alternatively, cut off a (circular) lid from the top

of the buns, no more than 1/3 of the height if the bun. Remove some of the crumb in the middle of the bun, to create a little shallow crater. Fill the bun with almond mixture.

Serving:

1. Pour the cream into a mixing bowl and add enough sugar to have it lightly sweetened. Whip the cream to soft peaks but hard enough to hold their shape and fill a piping bag (fitted with a star tip) with the cream. 1. Generously swirl the cream on top of the almond filling and around the top of the bun. 1. Press the lid lightly and carefully onto the cream swirl. 1. Using a fine-mesh tea strainer, dust the top of the assembled bun with powdered sugar and serve immediately.

## 5.1 Notes

Adopted from [Pain de Martin-En God Semla](#) (buns) and [Mitt K ok-Roy Fares Semlor](#) (filling) 25 g fresh yeast corresponds to approx 2 tsp dry yeast. You may need to adjust the amount depending on how quickly or slowly your dough is proofing.

Use whole cardamom seeds and grind them in a mortar (or electric mill) just before use. This gives the freshest fragrance and flavor.

Freeze buns that will not be eaten the same day. They hold about one day in room temperature before starting to become dry.

Any almond filling left over can be frozen and kept in the freezer for about two weeks.

## 6 Mazariner / Mazarin tartlets, 10-12 pieces

### 6.1 Ingredients:

#### 6.1.1 Dough:

150 g butter, cold and cut into cubes  
210 g all-purpose flour  
4 Tbsp granulated sugar

#### 6.1.2 Almond filling:

200 g almond paste, grated  
2 Tbsp granulated sugar  
80 g butter, at room temperature  
2 eggs  
1.5 Tbsp all-purpose flour  
0.5 tsp baking powder  
1 tsp vanilla extract  
0.5 tsp coarsely ground cardamom seeds (similar to coarsely ground pepper corns)

#### 6.1.3 Add-ons to filling:

Apples: 1-2 medium apples, ground cinnamon (to sprinkle over), granulated sugar (to sprinkle over).

Plums or pluots: 2-3 large plums or pluots, granulated sugar (to sprinkle over).

Pears or apple-pears: 1-2 medium pears, 0.5-1 tsp coarsely ground cardamom seeds (to add to almond filling).



#### **6.1.4 Vanilla mascarpone, for serving:**

300 ml heavy whipping cream  
250 g mascarpone cheese  
0.5 vanilla bean (or 2 tsp vanilla paste)  
2 Tbsp powdered sugar

## **6.2 Instructions**

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## **6.3 Notes**

Recipe adopted from Hilda Kirkoff and Köket, <https://www.koket.se/a-ppelmazariner-med-vaniljmascarpone>

In lieu of tartlet tins, use a 12-cup muffin pan with the following adjustments:

- cut out parchment paper into strips (approx 15 x 1 cm/6 x 0.5 inches), and place them cross-wise into each cup before lining it with the dough; this will make it easier to unmold the pastries from the pan once they have cooled off
- 30 g dough to line each cup

## 7 Paleo Chocolate Cake

### Cake dry ingredients

3 cups almond flour  
1 cup tapioca flour  
1/4 cup coconut flour  
2 cups coconut sugar  
1 1/2 cups raw cacao powder  
2 tsp baking soda  
1 tsp espresso powder  
1 tsp salt

### Cake wet ingredients

4 large eggs  
1 1/2 cup full-fat coconut milk  
1 cup water  
1/2 cup coconut oil  
1 tbsp apple cider vinegar  
2 tsp vanilla extract

### Chocolate frosting

8 cups organic powdered sugar (or powdered coconut sugar, powdered succanat, etc)  
1 cup raw cacao powder  
1 cup organic palm shortening (or vegan butter or a combination of both)  
1/2-3/4 cup almond milk, cashew milk or coconut milk  
2 tsp vanilla extract

### Directions, cake

1. Preheat your oven to 350 degrees fahrenheit.
1. Grease three 8-inch cake pans (see notes below) and line the bottom with parchment paper. Coconut oil can leave a slight coconut taste, so greasing with ghee or organic palm shortening can avoid that. Set these aside.
1. Add all of the dry ingredients to a very large mixing bowl and whisk together.
1. Add all of the wet ingredients to a separate medium mixing bowl and whisk together. Pour the wet ingredients into the dry ingredients and whisk together for 1-2 minutes to create your cake batter.
1. Evenly divide the batter between the baking pans and cook for 28-30 minutes, or until a toothpick comes out clean.

1. Once the cake has completely cooled, assemble the cake by adding the chocolate buttercream frosting between each layer and frosting the outside.

Directions, frosting

1. Add all ingredients to a stand mixer and blend on low for 30 seconds. Once the ingredients have started to combine, slowly increase the speed to high and blend for one minute.

1. To thin the consistency (if needed) add more milk, or to thicken add more powdered sugar.

## 7.1 Notes

Adopted from [Downshiftology - Amazing Paleo Chocolate Cake](#)

If you don't want a coconut flavor, use refined coconut oil which is odorless and flavorless.

Baking time of 28-30 minutes is based on a standard oven. I'd recommend checking the cakes earlier, at 23-24 minutes if your oven tends to cook fast or if you're using a convection oven.

You can also use two 9-inch cake pans for a two-layer cake (the layers will be thicker) instead of three 8-inch pans. Bake them for approximately 35 minutes, or until a toothpick comes out clean. It also works very well with two 9.5-inch cake pans. Bake them for approximately 30 minutes.

For a better incorporated frosting, mix the vegan butter with the powdered sugar first until well combined, and butter has softened a bit, before adding the remaining ingredients.

Make sure your cake is 100% cool before frosting. Even the slightest amount of internal heat in the layers will cause the frosting to melt.

# 8 Swedish cinnamon rolls

## 8.1 Ingredients

### 8.1.1 Dough (yields approx 24 rolls):

150 g unsalted butter at roomtemperature  
2 tsp dry yeast  
500 g whole milk (alternatively, 400 g whole milk + 100 g heavy cream)  
1 egg at roomtemperature, whisked  
125 g granulated sugar  
1-2 tsp coarsely ground cardamom (from whole seeds) (optional)  
1 tsp kosher salt, alternatively 1/2 tsp regular salt  
850 g bread flour

#### ### Filling:

150 g unsalted butter at roomtemperature  
80 gram muscovado sugar (substitute with brown sugar or plain white sugar)  
1 Tbsp golden syrup  
1 tsp cornstarch  
2 Tbsp ground cinnamon  
40-50 g almond paste (optional)

#### ### Egg wash:

1 egg splash of heavy cream or whole milk pinch of salt

#### ## Instructions:

This schedule describes mixing the dough in the evening, proofing the rolls in the fridge overnight, and baking them the next day.

#### Dough:

1. Grind the cardamom seeds about the size of coarsely ground black pepper, e.g. using a mortar and pestle.

Follow the instructions on the yeast package to activate it.

Slightly warm the milk (alt. milk + cream) just enough to take the cold from the fridge off (but not warm to the touch) and put aside.

#### **Method I, without preferment:**

- Combine approx of the flour with the remaining dry ingredients.
- Pour the milk mixture into a bowl of a stand mixer and add the activated yeast.
- Add the the egg and then the flour mixture, and mix on low speed. Add the butter piece

by piece (tablespoon-sized) while the mixer is running; wait until the butter is incorporated into the dough before adding the next piece. When all the butter looks incorporated into the mixture, add the remaining flour.

- When the mixture has come together into an even mass, increase the speed until medium and mix for another few minutes. The dough should start coming clean away from the sides of the bowl, look glossy, and feel elastic when it's ready. This will take approx 10 mins in total.

**Method II, with preferment:**

- Combine approx of the flour with the milk and activated yeast into a mixing bowl to make the preferment.

- Mix on low speed until the dough comes together smoothly but no elasticity needed to develop, about 5-7 mins.

- Let the preferment rest about 45-60 mins. - Once preferment has increased in volume, add the egg and the butter piece by piece to the preferment and mix them together. Then add the remaining ingredients. Mix on low speed first, then increase to medium. The dough should start coming clean away from the sides of the bowl, look glossy, and feel elastic when it's ready (approx 10 mins).

1. Transfer the dough onto a slightly floured surface and fold it into a package. (If you mixed the dough by hand, don't worry too much if the dough isn't completely smooth, it'll improve after the first rest).

Put the package back into the bowl, cover with plastic wrap, and let rest for approx 2-5 hours at room temperature, or put into the fridge overnight for approx 10 hours. If the bulk proofing is at room temperature at this point, the final proofing of the shaped rolls can be done in the fridge over night for approx 8 hours.

1. Right before the dough has completed resting and proofing, make the filling. The butter needs to be soft to easily spread out without tearing the dough.

Mix the sugar with the syrup and then add with cinnamon and cornstarch together to the softened butter; mix to a smooth paste and set aside.

2. If dough has been resting in the fridge, allow 30 mins-1 hour to warm up in room temperature first.

Transfer dough onto a floured surface and flatten it out a little with your hands.

Roll out the dough with a pin into a rectangle approx 600 x 40 mm. Make sure to sprinkle the working surface with flour to avoid the dough sticking to it.

Spread the filling onto the dough as evenly as possible and all the way out to the edges.

3. Fold the dough twice into three equal layers of dough (like folding a business letter or making a croissant plaque): with the long side of the rectangle facing you, fold one third of the dough from the long side over onto the adjacent (second) third, then fold the last third part from the opposite side over onto the two layers.

Roll out the folded dough a little bit; slightly and evenly with the pin.

4. Cut the dough into strips, each about 70 grams. Weigh the first few ones to get an idea of how big the pieces need to be. A plastic scraper works well for cutting to avoid marks

on the working surface.

Twist a strip of dough and twirl it around your index and middle fingers into a knotted roll. Add the rolls onto a baking sheet lined with parchment paper for the final rise. Leave some space between them.

Spray the rolls lightly with water and cover the sheet with plastic wrap (or just a towel) and let the rolls rest and proof until doubled in size, approx 2-3 hours, even up to 4 hours, at room temperature. The proofing time depends on the room temperature; 20C/68F temp may require up to 4 hours proofing time. The rolls should be notably puffed but with some spring left at touch (this may require a few iterations to figure out what works best at your house and with your oven).

Optional for room-temp bulk proofed dough: The proofing of the shaped rolls should have started before the rolls are placed into the fridge for overnight proofing. Cover the baking sheets with towels and place in the fridge for 8-10 hours.

5. For final proof in fridge: Take out the sheets from the fridge. Let the rolls proof at room temperature between approx 1 1/2 - 3 1/2 hours, depending on how much they proofed in the fridge and the room temperature.

Preheat the oven to 425 F at least 40 minutes before baking and prepare the egg wash. Whisk the egg, cream and salt until smooth and a bit runny texture.

6. To know when the rolls are ready to bake, they should feel notably puffy when poked. Lightly and carefully brush the egg wash onto the rolls. Sprinkle with pearlsugar. Place one sheet at the time into the oven (middle) and bake until deep golden brown color on top and bottom, approx 10-13 minutes\*. If they start getting color quickly, cover with a piece of aluminum foil until fully baked. Make sure to look after them close to the end of the baking as they can turn dark brown or burn really fast once they start getting some color.

7. Remove the buns from the oven and place them on a wire rack to cool. Cover with a kitchen towel while cooling.

When buns have cooled, transfer them into a paper bag and then a plastic zip lock bag to avoid the rolls drying too quickly.

\*For 76 g rolls, approx 12-13 mins in 435F + 1-2 mins on sheet outside oven before removing them from the sheet.

## 8.2 Notes:

This recipe uses a smaller amount of yeast, which require long proofing times.

Use whole cardamom seeds and grind them in a mortar (or electric mill) just before use. This gives the freshest fragrance and flavor.

Freeze buns that will not be eaten the same day. They hold about one day in room temperature before starting to become dry.

# 9 White chocolate pannacotta with passion fruit curd

## 9.1 Pannacotta:

### 9.1.1 Ingredients

200 g white chocolate  
90 g (100 ml) granulated sugar  
1.5 quarter tsp (2 ml) agar agar powder  
600 ml heavy whipping cream  
1.5 tsp vanilla paste

### 9.1.2 Instructions

Chop the white chocolate into small pieces, about the size of peas, and place it in a heatproof bowl.

Combine the rest of the ingredients in a saucepan (preferably stainless steel). Once the mixture comes to a boil, start a timer and let the mixture simmer/boil for 3-4 minutes before removing the saucepan from the heat. Stir a few times while the mixture is simmering/boiling.

Once mixture is removed from the heat, pour it over the chopped white chocolate and slowly stir the mixture with a heat-resistant spatula until the chocolate has completely melted.

Pour the panna cotta batter into the glass/dish you want to serve in. Let it cool off for 20 mins or so, cover with plastic wrap, and then put it into the fridge to set for at least 1 hour, preferably over the night.

## 9.2 Passion fruit curd:

### 9.2.1 Ingredients

135 g granulated sugar  
6 egg yolks (from large eggs)

150 ml juice from passion fruit (fresh or frozen)  
25 g unsalted butter, cut into small pieces

### 9.2.2 Instructions

Prepare a pot with water just enough that when placing a heatproof bowl on top, the bowl is not in contact with the water. Bring the water to a boil. Optional: Prepare another bowl with a fine-mesh strainer.

Combine the sugar, yolks, and fruit juice in the heatproof bowl. Lower the heat of the stove so the water isn't rumbling and place the bowl over the pot. Double-check that the bowl isn't in contact with the boiling water.

Whisk the mixture constantly to prevent the eggs to clot. It will take a while before the mixture starts to thicken, but once it does it can go fast.

Once the mixture has thickened enough that the whisk leaves traces in the mixture, remove the bowl from the pot.

Stir in the butter, piece by piece, and keep stirring until the butter has melted and is fully incorporated.

Optional: Once the butter has been incorporated into the curd, pour it through the fine-mesh strainer to remove any pieces of coagulated egg yolk. If the mesh is very fine, you may have to press with a spatula to help the curd through the strainer.

Cover the curd with plastic wrap and make sure to place the wrap on the surface of the curd to prevent a thick skin forming. Alternatively, pour the curd into a piping bag if you'd like to pipe it on top of the pannacotta. Place the curd into the fridge to set and chill.

### 9.3 Serving:

Just before serving, assemble the pannacotta, curd\*, and any additional toppings\*\* (optional). If not piping the curd, distribute it carefully with a teaspoon on top of the pannacotta. Dig in!

(\* ) Instead of fruit curd, you can serve the pannacotta with fresh raspberries (whole or mashed and sweetened with some sugar), or other fresh berries and/or fruit.

(\*\* ) Optional toppings: toasted and chopped nuts, caramelized nuts, coconut crisp (recipe to be added)

### 9.4 Notes

Passion fruit juice: Frozen passion fruit juice can be found in bigger grocery stores or in Mexican/Latin American grocery stores (I used frozen found at Mi Terra, San Pablo Ave,



Berkeley, which has quite tart but strong flavor). If using fresh passion fruit, one fruit yields about 2 Tbsp including seeds and about 1 Tbsp strained juice.

Agar agar: I used the Telephone brand agar agar powder, found in the Asian food aisle in the grocery store. I boiled the pannacotta mixture for exactly 4 minutes (from the first boil until removing it from the heat), poured about 100 ml serving size and let it set for approx 24 hours in the fridge: the pannacotta was still a bit runny in the middle. Maybe let boil for approx 4.5-5 mins total to have it set all through.

White chocolate: Use high-quality chocolate for this. I used the Divine and Lindt brands found in the grocery store; Divine was superior in creaminess and flavor but probably not the superior quality out there. These were also very sweet. Brands to try: Valrhona, Cacao Barry, Green & Black's.

Recipes adopted from [Camilla Hamid](#), and [Brinken bakar](#).