



## INGREDIENTS

### BUNS

- 1 ½ cup of full fat milk
- ¼ cup of unsalted butter
- ½ cup of refined sugar
- 2 ½ TSP of instant yeast
- 4 cups of AP flour
- 1 ¼ TSP of ground cardamon

### CUSTARD

- 3 egg yolks
- 1/3 cup of refined sugar
- 2 TBSP of corn flour
- 1 ¼ cup of full fat milk
- 1 TSP of clear vanilla

### EGG WASH

- 1 egg scrambled

### GLAZE

- 1/3 cup of icing sugar
- 2-3 TSP of water



## SKOLEBROD NORWEGIAN CUSTARD BUNS

By Caterina Romano's kitchen

## DIRECTIONS

1. In a medium sauce pan, heat the milk over medium-high, add the butter and mix till it melts.
2. Combine and mix together the sugar and yeast. Add it to the milk. Mix and let it stand for 10 minutes until the mixture starts to bubble up, meaning that your yeast is alive.
3. In a bowl of a stand mixer, using a dough hook attachment combine and mix the flour and cardamon. Add the yeast mixture. Continue mixing until the dough gathers around the hook.
4. Place the dough in a lightly greased bowl. Cover with plastic cling and allow to rise in a warm place for 1- 1.5 hours.
5. Place the dough on a work surface lined with bench flour. Form it into a log and divide it into 3 portions approximately 12 OZ each.
6. Roll out each portion into smaller logs and cut into 4 smaller portions. Repeat the same for all three. This will make 12 buns.
7. Roll each piece into a ball. Place them on a baking tray lined with parchment paper. Using the bottom of a glass container (1 ½ "round) press down on the balls to make a cavity for the custard. Cover with a tea towel and allow them to rise for 45 minutes.
8. For the custard, in a large bowl combine and whisk together the egg yolks, sugar and flour.
9. Heat the milk. Temper the egg mixture by adding a ladle of the hot milk. When tempered add the egg mixture to the milk and continue mixing until it thickens. Add the vanilla while continuing to mix.
10. Transfer to a bowl, cover the custard with plastic cling and refrigerate for ½ hour.
11. Preheat the oven to 390 DF.
12. Re-press the cavities of each bun with the same glass. Spoon about 1 TBSP of pastry cream into each cavity of the buns.
13. Do an egg wash around the buns.
14. Bake in oven for 20 minutes. Rotate the pan after 10 minutes.
15. Prepare the glaze by adding and mixing the water to the icing sugar.
16. After they are done baking, brush the buns with the glaze avoiding brushing the pastry cream.

**ENJOY THE SKOLEBROD NORWEGIAN CUSTARD BUNS**