

Lussekatter / St. Lucia Saffron Buns

Author Family Circle [card]

Ingredients

- 1/4 cup milk
- pinch saffron crushed
- 1/4 cup sugar
- 1/2 tsp salt
- 2 1/4 tsp dry yeast
- 1/4 cup very warm water
- 2 eggs
- 3 cups flour sifted
- 1/2 cup butter softened
- candied red and green cherries cut up
- 1 tbsp cold water

Instructions

1. Scald milk with saffron, sugar, and salt in a small saucepan; cool to lukewarm
2. Sprinkle or crumble yeast into very warm water in a large bowl. Stir until yeast dissolves, then stir in cooked milk mixture.
3. Beat eggs in a small bowl; set aside 3 tbsp for later; beat remaining into yeast mixture. Stir in 1 1/2 cups of flour until smooth; beat in softened butter until completely blended, then beat in remaining flour to make a stiff dough. Knead until smooth and elastic on a lightly floured pastry cloth or board.
4. Place in a greased large bowl; cover with a clean towel. Let rise in a warm place, away from a draft, 1 hour or until double in bulk.
5. Punch dough down; knead several times; divide into quarters. Working with one at a time, roll into a rope; cut into 16 even size pieces, then roll each into a 6-inch long pencil thin strip. Cross each two strips on a greased large cookie sheet; curl each end into a small coil; decorate tip of each with a candied cherry squared. Repeat with remaining dough to make 32 buns. Cover; let rise again 30 minutes or until double in bulk. Stir water into saved egg; brush over buns; sprinkle lightly with granulated sugar [optional]
6. Bake in hot oven [400°] 12 minutes or until golden brown. Remove from cookie sheet; cool on wire racks. Serve warm or cold.