

# Swedish saffron buns (Lussekatt)

*The 13th of December is the St Lucy's day (Lucia) which is celebrated in Sweden and in other Scandinavian countries. Celebrating Lucia is always accompanied with eating delicious Swedish saffron buns called Lussekatter. It almost always goes together with some hot mulled wine (called glögg) and gingerbread (pepparkakor).*

*Even though lussekatt is strongly related to the celebration of Lucia it is fairly common to eat it other days in December as well. One of the challenges with baking lussekatt is to avoid making it too dry.*

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## *Make your Swedish saffron buns more juicy*

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- Don't use too much flour (just enough to make the dough easy to work with, without being a sticky mess)
- Take them out of the oven before they get brown as in the picture
- Place them close enough so they grow together in the oven (~1 cm space between)
- Cover the buns immediately after it comes out of the oven



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## Recipe: Swedish saffron buns (Lussekat) (Lussekat)

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*Prep Time 90 minutes*

*Cook Time 5 minutes*

### Ingredients

- 100 g butter
- 250 ml milk
- ½ g saffron
- 1 tsp sugar
- 25 g fresh yeast for sweet dough
- 1 pinch salt
- 50 g sugar
- 25 ml water lukewarm
- 1 egg
- 425 g flour around 800 ml
- 32 raisins
- 1 egg for brushing over

### Instructions

1. Melt the butter, pour in the milk and heat up to body temperature (37°C or 100°F)
2. Grind the saffron with the teaspoon of sugar in a mortar and add to the milk
3. Crumble the yeast into a separate bowl, add the pinch of salt, the sugar and the lukewarm water then stir it together
4. Pour in the milk and add the egg while stirring it together
5. Place all the above used ingredients in a stand mixer
6. Add the flour gradually while stand mixer is stirring on low speed. You might need to add more flour to make it possible to work with the dough without it sticking to all of your fingers.
7. Work the dough with the stand mixer (or by yourself if you don't have one)
8. Cover the bowl and let the dough rise for 1 hour or a little more (up to 1½ hours)
9. Heat up the oven to 260°C (500°F)
10. Cover a baking tray with parchment paper
11. Flour a working area and then knead the dough gently a few times
12. Split the dough in 16 pieces and roll them to long thin strips that you then curl in an S shape (see picture)
13. Place them on the baking tray with around 1 cm space between (we want them to grow together a little to keep them juicy)
14. Place one raisin in each end of the bun and press it in so it does not stick out, but is still visible
15. Place a kitchen towel over the tray and wait for 10 min before brushing them with a whisked egg

16. Put the tray in the oven for roughly 4-6 min (watch them carefully since the size of the buns and your oven might change the required baking time. They should receive a light brown colour)
17. As soon as you take them out, cover with a kitchen towel and let them cool down