ST. LUCY · DECEMBER 13

St. Lucy saffron buns (lussekatter)

Prep 40 min **Cook** 12 min **Rise** 1 hr 45 min **Total** 2 hr 37 min **Makes** 16 buns **Level** Medium

ADULT SUPERVISION REQUIRED

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. A grown-up lights any candles and keeps them away from children, hair, and sleeves. Battery candles are the safe choice for a child's Lucy crown.

ALLERGY INFORMATION

Contains wheat (gluten), milk, and egg. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- ½ tsp (about 0.5 g) saffron threads
- ½ cup (100 g) sugar, divided
- 1 cup (240 ml) milk
- ½ cup (115 g) butter
- 4 to 4½ cups (500–560 g) all-purpose flour
- 2¼ tsp (1 packet, 7 g) instant yeast
- ½ tsp salt
- ½ cup (120 g) sour cream or plain yogurt
- 1 egg, plus 1 egg beaten for brushing
- About 32 raisins

METHOD

1. Crush the saffron with 1 teaspoon of the sugar, using a mortar and pestle or the back of a spoon in a small bowl.
2. Warm the milk and butter until the butter melts. Stir in the saffron and let it cool until just warm to the touch (about 105–110°F, 40–43°C).
3. In a large bowl, mix 4 cups (500 g) of flour with the rest of the sugar, the yeast, and the salt. Add the warm milk, sour cream, and 1 egg.
4. Knead for 8 to 10 minutes, adding a little more flour if the dough is very sticky, until smooth and soft. Cover and let rise in a warm place for about 1 hour, until doubled.
5. Divide into 16 pieces. Roll each into a rope about 10 inches (25 cm) long and curl the ends in opposite directions to make an S. Press a raisin into the center of each curl.
6. Set the buns on two lined baking sheets, cover, and let rise 30 to 45 minutes, until puffy. Heat the oven to 400°F (200°C).
7. Brush with beaten egg and bake 10 to 12 minutes, until golden. Cool on a rack.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Crush the saffron with sugar
- Roll the dough ropes
- Curl the S-shapes and press in the raisins
- Help light the candles (with a grown-up) for breakfast

GOOD TO KNOW

- For an Advent table, braid three long ropes and join them into a ring to make a saffron wreath.
- Buns are best the day they are baked. Freeze extras and warm them briefly in the oven.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Saint Lucy, pray for us, and help us bring Christ's light to others.