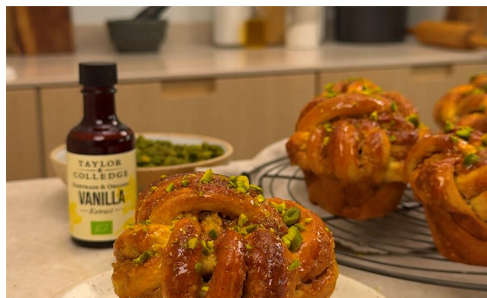


Cardamom Vanilla Pistachio Buns

Total Time: 90 mins

Portions: 8 Portions



Ingredients

For the dough

10 Cardamon Pods

50 g Caster Sugar

160 ml Milk

5 g Fast-action dried yeast

500 g Plain Flour

pinch Salt

2 Egg Whites medium eggs

125 g Unsalted butter softened

For the decoration

100 g Apricot Jam

29.998 g Pistachios

For the filling

90 g Unsalted butter softened

100 g Light Brown Sugar

70 g Pistachio Cream or paste

1 tbsp Taylor & Colledge Vanilla Bean Extract

Preparation

1. Open the cardamom pods, remove the seeds and crush them finely in a mortar, then mix them with the sugar. Warm the milk until it is lukewarm, remove it from the heat, stir in the cardamom sugar, add the yeast and let the mixture rest for 10 minutes. Place the flour and salt in a large bowl, then add the eggs, butter and yeast milk. Mix everything together until a dough forms, then knead it for about 10 minutes until smooth. Shape the dough into a ball, place it in a bowl, cover it with a kitchen towel and let it rise for about 60 minutes or until doubled in size.
2. Beat the butter and sugar with a hand mixer until pale and creamy. Add the pistachio paste and vanilla extract, mix until smooth, and set the filling aside.
3. Grease a muffin tin thoroughly, including the top edges. Lightly flour your work surface and roll the dough out to about 45 x 35 cm with the short side facing you. Spread the filling evenly over the dough. Fold the bottom third up over the middle third, then fold the top third down. Gently roll the dough again until you have a rectangle of about 15 x 35 cm. Trim the edges and cut the dough into 8 strips, each about 4 x 15 cm. Take one strip and cut two long slits to create three strands that remain attached at the top. Braid the strands, roll the braid into a bun and place it in the muffin tin. Repeat with the remaining strips, cover the tin and let the buns rise for 15 minutes. Meanwhile, preheat the oven to 180°C (160°C fan).
4. Bake the buns for 30–35 minutes until they are golden brown, then let them cool in the tin.
5. Heat the apricot jam with two tablespoons of water until boiling. Brush the warm buns with the jam, then chop the pistachios and sprinkle them on top before serving.