TAYLOR & COLLEDGE

# Cardamom Vanilla Pistachio Buns




Preparation: 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 filling

**90 g** Unsalted butter softened
**100 g** Light Brown Sugar
**70 g** Pistachio Cream or paste
**1 tbsp** Taylor & Colledge Vanilla Bean Extract

### For the decoration

**100 g** Apricot Jam
**29.998 g** Pistachios

## 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.