

Poppy Paste Buns – My Dear Valmofröbullar in Helsinki!

Ingredients:

Difficulty: Advanced
(makes 23-25 buns)

For dough:

250 gr. warm milk
250 gr. warm water
25 gr. dry yeast
150 gr. granulated white sugar
10 gr. poppy seeds
6 gr. salt
150 gr. butter, softened in room temperature
850 gr. all-purpose flour (and some more for dusting)

For filling:

300 gr. poppy paste
75 gr. butter, softened in room temperature
2 tbsp brown sugar

To put on top before baking (no photos of this, sorry):

1-2 tsp poppy seeds
1-2 tsp granulated white sugar

To put on top after baking:

100 gr. water
80 gr. granulated white sugar

Instructions:

1. In a medium bowl, put warm milk and warm water. Add yeast and mix a little with a spoon. Let it sit for 10 minutes to activate the yeast - you will see that it gets foamy when yeast is activated at the end of 10 minutes.
2. Add sugar, poppy seeds, salt, butter.
3. Gradually add flour. I added flour in 3 batches, while mixing it with a wooden spoon and then with my hand. In the end you will get very sticky dough. Cover the bowl with a stretch film and let it sit in a warm spot for 45 minutes. The dough will grow during this time.
4. Dust the work surface generously with flour. Put dough on the floured surface. Fold the dough from 4 edges, until you get smooth dough that can be shaped into a ball. The dough should be still soft so be generous with dusted flour but do not go overboard with it.

5. Take a shallow bowl and dust it with flour. Put the dough ball, spread flour on dough's surface and cover with stretch film loosely. Let it sit in a warm spot for 1-1.5 hours, until it doubles in size.
6. While your dough is rising, prepare the filling. Put all filling ingredients in a bowl / plate and using a fork (or a whisk if you like), make a paste to spread.
7. When the dough is ready, dust the work surface again. Put the dough on dusted surface and try to shape it roughly into a rectangle with your hands first. Then roll the dough into a big rectangle - 40x70cm in size.
8. Spread the filling on dough. Fold it from two sides towards the center. Then roll the folded dough again - I am not giving a specific size for the rolled dough, just try to thin the folded rectangle (but not too thin) and smoothen the whole thing.
9. Cut equal size strips from dough. The edges might be rough and may not have much of the spread so you might want to cut the edges a little before you cut the strips. Roll each strip and turn into a spiral shape, folding the other end under the bun.
10. Put shaped buns on an oven tray with baking paper on. Mix 1-2 tsp of poppy seeds and granulated white sugar and put a little of this mixture on each bun, mostly at the centre. Let the buns sit for final proofing while you heat the oven.
11. Heat the oven to 225C.
12. Put the buns in the oven, in medium rack (one tray at a time, do not overload the oven unless you have a fantastic bakery oven). Bake for 15 minutes, until the buns get slightly browned but not too much.
13. While buns are baking, prepare simple syrup by heating water and sugar in a small saucepan, continuously whisking it. Let the mixture boil for a minute and take away from the heat.
14. As soon as the buns are baked and are out of the oven, brush each buns generously with syrup. Let the buns sit for at least 15 minutes before serving. Enjoy!