Cardamom Buns

Dough

3 cups flour

3/4 cup bread flour

6 Tablespoons sugar

1 Tablespoon yeast

1 teaspoon cardamom seeds, ground

3/4 teaspoon salt

1 1/4 cups whole milk, warm

8 Tablespoons butter, melted

1 egg

Filling

12 Tablespoons butter

3/4 cup brown sugar

2 Tablespoons white sugar

In bowl of standing mixer, combine flours, sugar, yeast, cardamom and salt.

Combine milk and butter.

Add wet ingredients to mixer while kneading with dough hook.

Add egg yolk.  Knead until smooth and elastic.  (about 20 minutes)

Transfer dough to a greased 9x13" baking dish.  Flatten with hands.

Cover with plastic wrap and  let rise 1 hour.  Refrigerate 2-24 hours.

Mash butter, brown sugar and cardamom for filling.

Turn chilled dough onto counter. Short end nearest you.

Dust dough with flour and roll into a 12x16" rectangle.

Spread the filling onto the dough evenly.

Fold the top third of the dough down over itself.

Fold the bottom third up.

Rotate the dough 90 degrees.  Reroll to 12x16 again.

Line a long side of dough up with the counter.

Trim short sides straight with a bench scraper.

Cut dough into 16 strips - from short side.

Pick up one strip at a time, stretching it to 16 inches.

Twist the ends in opposite directions.

Hold the strip between your thumb and 3 fingers.

Wrap the strip around fingers, without untwisting.

Tuck end in center.  Pinch the bottom of the bun to seal.

Arrange 8 buns on a silpat or parchment lined baking sheet.

Cover and let rise 1 hour.

Beat together egg white with 1 Tablespoon water.

Lightly brush buns with egg wash and sprinkle with white sugar.

Bake at 400 for 15-18 minutes.