Swedish Cinnamon Buns

Flour Paste

3/4 cup milk

1/4 cup bread flour

Dough

1/2 cup milk

2 cups bread flour

1 Tablespoon instant yeast

1/4 cup sugar

1 teaspoon salt

6 Tablespoons butter

2 teaspoons cardamom seeds

Filling

3/4 cup sugar

6 Tablespoons butter

2 tablespoons cinnamon

1 Tablespoon bread flour

1/4 teaspoon salt

1 egg

1 Tablespoon water

pinch salt

1/4 cup crystalized sugar

Whisk milk and flour in small bowl for paste.

Microwave 1-2 minutes - stirring every 20 seconds, until stiff and thick.

Whisk together flour paste and milk in bowl of stand mixer.

Add flour and yeast and knead with dough hook 1-2 minutes.

Let stand 15 minutes.  Add sugar and salt and knead 5 minutes.

Add cardamom and butter and knead 5 more minutes.

Transfer dough to a greased 9x13"pan.  Flip. Stretch dough to reach edges.

Cover with plastic wrap and refrigerate 1 hour.

Add filling ingredients to empty mixer bowl.  Mix with paddle for 1 minute.

Transfer dough to floured counter.  Roll to 18x10" rectangle.

Spread filling over lower 2/3d of rectangle.

Fold upper third of dough over middle third.

Fold lower third over middle third to make a 6x10" rectangle.

Roll to a 12" square.

Cut dough into 12 1" strips.

Cut each strip in half lengthwise, leaving attached at very top.

Extend strip to 24" rope.

Starting with 1 end.  Wrap each strip around 3 fingers.

Loop remaining 4" strip over bundle.

Transfer to a silpat lined baking sheet.

Tuck end of strip under buns.

Cover and let rest 1 hour.

Whisk together egg wash ingredients.

Brush wash over buns.

Sprinkle with sugar and bake 13 minutes at 425.