

I'm Just Cookin' goes international

In honor of the Olympics, it is my pleasure to bring to you this special installment of I'm Just Cookin' International Edition. Get out your hand-knit scarves, cheese slicers and troll figurines because we are going to Norway!

Last summer I traveled to Norway for my friend Inga's wedding, and now this summer, Inga came here for a road trip in the United States! She was an exchange student at HHS in 2004, so it was high time she got back to Holyoke for a visit!

As you all know, I have a sweet tooth, so it's no surprise that I got my share of the well-known desserts and pastries in Norway. One of my favorites was the popular skoleboller. It literally means "school buns," and you can find them at just about any bakery or grocery store. (Or if you're lucky, you'll get some homemade skoleboller!)

This pastry uses a spice called cardemom, which is popular in Norwegian cooking. The bun is topped with a vanilla custard, a bit of frosting and coconut flakes.

Having tried to make these once without much success, I enlisted the help of Inga and her husband Eivind when they were in Holyoke, and they were kind enough to help give us a little taste of Norway. The skoleboller were absolutely delicious, still a little warm right out of the oven. In Norway, they might pair these sweets with a cup of coffee for an after-dinner evening snack.

Since this is I'm Just Cookin' Norwegian style, this recipe is for you adventurous cooks out there. Inga translated the recipe for me, but some of the measurements or ingredients may be a bit foreign to you. Flour is measured in kilograms and milk in liters, but the internet is an easy way to convert everything to our American standards. We also had to invest some time into this

recipe to let the dough rise properly, but trust me, it was worth the wait!



Skoleboller

Buns:

1 1/2 kilograms flour (or more)

300 grams sugar

I'm Just Cookin'

Written by Darci Tomky
3 teaspoons cardamom
50 grams yeast
(or 2 small packages dry yeast)
1 liter milk
300 grams butter
Custard:
2 egg yolks
3/4 deciliter sugar
1/2 deciliter flour
2 deciliters milk
2 teaspoons vanilla sugar

(or a little powdered sugar

and vanilla extract)

Frosting:

Powdered sugar

Water

Coconut flakes



I'm Just Cookin'

To make bun dough, mix flour, sugar, cardamom and yeast in a large bowl. Heat milk on the stove until it is the temperature of your skin (around 37.5 degrees celsius). Melt butter on stove. Mix the milk and butter with the flour mixture. Add extra flour, if necessary, so dough is not thin. (You can use your hands to mix together the dough.)

Let dough rise for 45 minutes. Roll the dough into balls the size of a small fist. Set on a cookie sheet covered in wax paper. Let rise for 30 minutes.

To make custard, use a wisk to mix the egg yolks and sugar. Mix in flour. Heat milk on the stove until it is almost boiling. Pour milk into the mix a little at a time, stirring constantly. Add vanilla sugar (or a small amount of powdered sugar with vanilla extract). Heat on the stove while stirring, almost to a boil. Take off stove to cool pan in tub of cold water.

After dough balls have risen, use your fingers to make a small indent in the middle of the ball. Fill with a spoonful of custard. Let dough rise another 20 minutes. Bake in oven at 430 degrees for 10-11 minutes.

Let buns cool a little on wire rack. Mix together powdered sugar and water for a thick, white frosting to glaze around the edge of the bun. Before the frosting dries, dip the top in coconut.

Holyoke Enterprise Aug. 2, 2012