

Hveteboller (Norwegian Cardamom Buns)

INGREDIENTS:

- 2 1/4 teaspoons (7 grams) active dry yeast
- 1 cup (240 milliliters) lukewarm milk 105-115°F (40-46°C)
- 3 1/2 cups (440 grams) all-purpose flour
- 1/3 cup (67 grams) granulated sugar
- 1 teaspoon ground cardamom
- 1/4 teaspoon salt
- 1 large egg
- 4 tablespoons (60 grams) unsalted butter melted

Topping:

- 1 large egg
- 1 tablespoon milk

Instructions:

1. In a small bowl, sprinkle the yeast over the lukewarm milk. Stir to combine, then allow to sit until frothy, 5-10 minutes.
2. In the bowl of a stand mixer fitted with a dough attachment or a large bowl, stir together the flour, sugar, cardamom, and salt.
3. Mix in the yeast with milk, egg, and melted butter to form a light, loose dough.
4. Knead on a lightly floured surface until soft and smooth. If too sticky, add a little more flour. (be careful not to add too much flour, just enough to handle). If too dense and crumbly, add a little more milk. Transfer the dough into a greased bowl, turning to coat, cover, and allow to rest until doubled, about 1 hour.
5. Preheat oven to 375°F (190°C). Line two baking sheets with parchment or lightly grease.
6. On a lightly oiled surface, divide the dough into 12 equal pieces. Roll each piece into a smooth ball. Arrange on the prepared baking sheets about 2 inches (5 centimeters) apart, cover, and allow to rest until puffed, about 30 minutes.
7. In a small bowl, whisk together the egg and milk. Brush over the tops of each roll. Bake in preheated oven until golden, about 15 minutes.
8. These rolls are best served the day they are made.

Cardamom Honey Chicken

INGREDIENTS:

- **Marinade**
- 4 tablespoons honey
- 2 tablespoons sherry
- 1 teaspoon cardamom seeds, ground
- 1 teaspoon peppercorns, ground
- **Chicken**
- 4 chicken breasts, skin-on, bone-in (cut in half if large), or one whole chicken, cut into parts
- 2 tablespoons extra virgin olive oil
- 1 lemon, thinly sliced
- Kosher salt and freshly ground black pepper

Instructions:

1. Marinate the chicken:
2. Warm the honey slightly (in microwave or on stovetop), stir in the sherry, cardamom and peppercorns.
3. Place marinade and chicken in a large bowl, coat chicken with marinade. Cover with plastic wrap and let sit at room temperature for 30 minutes.
4. Preheat the oven to 390°F (200°C).
5. Sear the chicken: Heat olive oil in a large frying pan at medium heat. Sear the chicken for 20 to 30 seconds, skin side down, until golden. Watch carefully, since the chicken skin goes from browned to charred quickly.
6. Bake: Place lemon slices in a roasting pan. Lay the chicken pieces on top. Brush with the marinade. Season generously with salt and pepper. Cover loosely with foil.
7. Place in the oven and bake for 25 minutes. Remove foil and continue to bake for 10 to 15 minutes longer or until a thermometer registers 165°F (75°C) when inserted into the thickest part of the chicken.
8. Check often. If the chicken starts to get too dark (this can happen when using honey), tent with foil.
9. Let rest: Remove from oven and let rest for 10 minutes before serving. Pour out drippings from the pan into a gravy boat for gravy.
10. Serve: Serve with rice, mashed potatoes, or couscous.

Orange and Cardamom Muffins

Ingredients:

- **Wet Ingredients**
- 3/4 cup sugar
- 2 large eggs
- 1/2 cup vegetable oil
- 1/2 cup milk
- 1/4 cup orange juice
- zest of 1 large orange, finely grated
- 1 tsp ground cardamom, use 1 1/2 teaspoons for a more pronounced cardamom flavor.
- **Dry Ingredients**
- 2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- **Topping**
- 3 tbsp sparkling sugar (or regular sugar)

Instructions:

1. Preheat oven to 350F and butter a muffin tin, or line with muffin tin liners.
2. Whisk together all the wet ingredients well.
3. In a separate bowl, whisk together the dry ingredients, then add to the wet ingredients and fold everything together until there are no dry bits of flour left.
4. Pour the batter into the prepared muffin tins, and top with a sprinkling of the sparkling sugar.
5. Bake for 20-22 minutes until risen and starting to turn golden brown around the edges. A toothpick inserted into the center of a muffin should come out without wet batter clinging to it.