

Blueberry and cardamom rolls *(Desserts)*



Preparation

Dissolve the baking powder in the warm milk with a teaspoon of sugar. Grind the cardamom seeds well, having removed the outer shell. Beat the eggs with some salt in a bowl, then add the cardamom, the sugar, the melted butter, half the flour and the milk with the baking powder. Mix well, then slowly add the remaining flour and knead thoroughly until you have a ball of dough. Leave it to rise for an hour. When risen, roll out the dough into 4 sheets of approximately A4 size. Now spread the rolled out dough with blueberry jam, then with a pastry cutter cut each pastry sheet into four. Now you should roll up each quarter into a little ball with the jam inside and then add a little bit more jam to the centre (you'll get very dirty hands!). Let them stand for 20 minutes. Sprinkle with brown sugar and bake for 25 minutes at 180°C.

Tips

Do you want to try some other unusual sweet rolls? If you don't want to combine cardamom with blueberries, opt for redcurrants (black or red) or even raspberries.

Trivia

Did you know that the name of cardamom refers to the plant 'Elettaria', and that it is native to India?

Information

Preparation 120 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Baking powder (15g of baking powder)

Milk 375 millilitres (Tepid)

Cardamom (20 cardamom seeds)

Eggs 4 units

Sugar 200 grams

Italian 00 flour 800 grams

Butter 50 grams (Melted)

Brown sugar (Raw)

Jam (Blueberry jam)