

Swedish Raised Biscuits (Biller)

1/2	cup	butter
2	cups	milk, scalded
1	tablespoon	active dry yeast
1/2	cup	warm water
-	-	Whole cardamom
2	-	eggs
1-1/2	teaspoons	salt
1/2	cup	sugar
7-1/2	cups	unsifted all-purpose flour
4	tablespoons	melted butter
		Milk for brushing tops

Stir butter into hot milk until melted. Set aside until just cool to touch (90F. to 100F.). Stir the yeast into the water and let stand about 5 minutes.

Break open cardamom pods and remove seeds. Discard empty pods and measure 1 1/2 teaspoons seeds. Crush seeds in a mortar and pestle, a blender, or with the bottom of a flat-surfaced jar.

In the large bowl of a mixer, blend milk mixture, yeast mixture, cardamom, eggs, salt, and sugar. Add 1 cup flour at a time; blend in as much flour as possible, then turn mixture onto a board with remaining flour. Knead all the flour in to make a smooth, soft ball; add a little more flour to the board, if required.

(If you use a dough hook, add all the flour to mixer bowl and beat until dough pulls from sides of bowl; turn onto floured board and knead a few turns until a smooth ball is formed.)

Wash mixing bowl in warm water and dry. Rub bowl with butter and turn dough over in it to grease top surface. Cover and let rise in a warm place until about doubled in size, about 1 hour. Punch down dough on a floured board, kneading out air bubbles. Divide dough in half.

Pour melted butter equally into two 9-inch square baking pans. Divide each section of dough in 20 pieces of equal size. Shape each biscuit, drawing edges under to make a smooth-topped ball. Turn balls in butter in baking pan, as you shape them, and arrange 20 pieces, smooth side up, in each pan. Cover without touching dough and let rise in a warm place until doubled in size, about 30 minutes. Gently brush tops of the biscuits with milk.

Bake in a 375F. oven for about 25 minutes, or until well browned; a thin wooden skewer inserted into center biscuits should come out clean.. Serve at once, or cool out of pan on wire racks.

To store, keep airtight for 1 or 2 days, or freeze; then reheat, or split and toast. To reheat if frozen, cover pan with foil and heat at 350F. for about 40 minutes.

Comments:

Source: Sunset, October 1968