

# Kardemumma Flata (Cardamom Braid)

Colleen Gometz - Yerington, NV  
Treasure Classics - National LP Gas Association - 1985

## **Yield: 2 loaves**

*1/2 cup butter or margarine*  
*1/3 cup sugar*  
*1 teaspoon salt*  
*1 teaspoon cardamom*  
*1 cup milk or cream*  
*1 package active dry yeast*  
*1/4 cup water*  
*3 1/2 cups sifted flour (No more, No less!!!!)*  
*1 egg, well beaten*  
**SUGAR GLAZE**  
*3/4 cup sifted confectioner's sugar*  
*1/2 teaspoon vanilla extract*  
*3 to 4 teaspoons water*

## **Preparation Time: 45 minutes**

### **Bake Time: 20 minutes**

In a large bowl, place the butter, sugar, salt and cardamom. Measure the flour exactly and set aside.

In a saucepan, scald the milk. Immediately add to the sugar mixture.

In a bowl, soften the yeast in 1/4 cup of warm water (110 to 115 degrees). Let stand for 15 minutes.

When the milk and sugar mixture has cooled to lukewarm, blend one cup of flour into the mixture, beating until smooth. (An egg whip works well for this.) Stir the softened yeast and add to the mixture, mixing well. Add approximately 1-1/4 cups of flour to the yeast mixture and beat until very smooth.

Beat in one egg, well beaten. Then beat in the remaining 1-1/4 cups of flour to make a soft dough (very sticky). Turn the dough onto a heavily floured surface and allow the dough to rest for 5 to 10 minutes. Knead, then form the dough into a large ball and place into a large greased, deep bowl. Turn the dough to bring the greased surface to the top. Cover with waxed paper and a towel and let stand in a warm place (about 80 degrees) until the dough is doubled.

Punch down with a fist. Pull the edges of the dough into the center and turn the dough completely over in the bowl. Cover and let rise again until doubled. Punch down and turn the dough onto a lightly floured surface.

Divide the dough into six equal portions. Roll each portion into a one inch thick strip. Place three strips on each of two cookie sheets. Braid and tuck the ends. Cover and let rise about 45 minutes or until doubled.

Bake at 375 degrees for approximately 20 minutes or until lightly browned. Cool and glaze.

Make the glaze: In a bowl, combine the sugar, vanilla and water. Mix until smooth. Makes enough for two loaves.

*A Swedish family favorite.*

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Per Serving (excluding unknown items): 1175 Calories; 97g Fat (73.0% calories from fat); 10g Protein; 71g Carbohydrate; 2g Dietary Fiber; 460mg Cholesterol; 3166mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 19 Fat; 4 1/2 Other Carbohydrates.