

Ömmu-kannelsnúðar (Granny's cinnamon rolls)

Adapted from Cool Cuisine by Nanna Rögnvaldardóttir, Vaka-Helgafell.
Richard Lewis, Dessert of the Month entry for May 2009

From my many visits to Iceland over the years, I've accumulated quite a number of Icelandic cookbooks. Unfortunately, most of them are not available outside of Iceland - like this one (unless you want to buy the used copy up on Amazon at the moment for \$50, which seems a bit much!). I've never actually seen these little rolled cinnamon shortbread-like cookies on my travels, but they are great, and you probably won't find the recipe elsewhere...

700g flour
1 tsp baking powder
1/2 tsp baker's ammonia
225g sugar
200g cold butter
2 eggs
50g melted butter
1 tbs cinnamon
cream

Mix the flour with the baking powder and baker's ammonia in a bowl. Add 150g of the sugar and mix. Cut the cold butter into small cubes and crumble it thoroughly into the dry ingredients using a mixer.



Make a well in the middle of the crumbs and break the eggs into it. Gradually stir into the mixer at low speed and knead until smooth. If the dough does not come together, add cold cream by tablespoons. Remove from the bowl and form into a disk (you may need to knead it a little to get all the dough bits to stick together) - wrap in plastic wrap and refrigerate for 15-20 minutes.



Preheat the oven to 355°F. Remove the dough from the refrigerator and roll it into a rectangle, about 25 x 35 cm. The dough will be pretty firm, but you should be able to shape it pretty well.



Brush the dough with the melted butter.



Trim the edges of the dough so they are straight. Mix the remaining 75g of sugar with the cinnamon and sprinkle it over the dough.



Roll up the rectangle, starting at one of the long sides. I recommend using Silpat for these cookies as it makes it easier to roll the dough.



Cut the roll into 1 cm thick slices and arrange them on a baking sheet lined with parchment paper.



Bake the rolls in the center of the oven for 20-25 minutes or until nicely brown and crisp.



Enjoy!