Blueberry buns with vanilla cream and crumble topping

Ingredients



Yeast Dough:
♥ 5 dl milk
♥ 150 g butter
♥ 125 g powdered sugar
♥ 50 g yeast
♥ 1 tsp cardamom
♥ 750 g wheat flour

Vanilla Cream:
♥ 5 dl heavy cream
♥ 1 tbsp vanilla paste (see tips)
♥ 4 egg yolks
♥ 25 g cornstarch
♥ 125 g sugar

Blueberry Filling:
♥ 300 g blueberries

Crumble Topping:
♥ 100 g butter
♥ 100 g sugar
♥ 100 g wheat flour
♥ 2 tsp vanilla sugar
♥ 1 tsp cinnamon

Garnish:
♥ dusting of powdered sugar

Instructions

Vanilla Cream:
Preferably start the day before by preparing the vanilla cream (see separate post **HERE**):

Bring the cream and vanilla to a boil. Remove the pot from the heat.

In another bowl, whisk egg yolks, cornstarch, and sugar lightly together. Gradually add the hot vanilla cream to the egg mixture. Mix well with a hand whisk. Then pour everything back into the pot.

Reheat, stirring constantly, but it's very important that the cream does not boil as it can separate. The vanilla cream thickens as it becomes hot.

Remove the pot from the heat and let the vanilla cream cool to room temperature. Stir occasionally. Then place the vanilla cream in the refrigerator until fully thickened (preferably overnight, but cover with a little plastic wrap to prevent a skin from forming on the surface).

Yeast Dough:
Bring the milk, butter, and powdered sugar to a boil. Cool the mixture until it's lukewarm (maximum 37°C).

Dissolve the yeast in the lukewarm liquid. Mix in cardamom and flour. Knead the dough until it's smooth. The dough can rise for 30–45 minutes (I usually do this), but it's not absolutely necessary with this dough.

Streusel Topping:
Melt the butter. Stir in sugar, flour, vanilla sugar, and cinnamon to a soft dough.

Shaping and Baking:
Divide the dough into 15 equal pieces. Shape into large, round buns. Flatten the buns with your hands and place them on two baking sheets lined with parchment paper. Let the buns rise for about 50 minutes.

Use your fingers to press down a deep indentation in each bun.

Place the vanilla cream in a large pastry bag. Fill each indentation with vanilla cream.

Place blueberries on top of the vanilla cream and press them down slightly so they stick.

Distribute the streusel topping over the buns.

Bake the buns in the middle of the oven at 220°C for about 10–15 minutes, until they are golden and baked through.

Cool. Dust with powdered sugar before serving.

Tips

♥ Homemade vanilla cream undoubtedly offers the best flavor, but if you prefer, it's also perfectly fine to use 5 dl of store-bought vanilla cream instead of homemade. For the homemade vanilla cream, I use vanilla paste, which is a dark vanilla syrup available in most Norwegian grocery stores.

♥ Here I have used my favorite yeast dough recipe from **The World's Best Buns** (half portion). Of course, you can use any other type of yeast dough to make these blueberry buns.

♥ White sugar in the crumble can be substituted with brown sugar. If you like, you can also add 50 grams of chopped nuts or oats to the dough.

♥ As with all yeast pastries, the buns taste best on the same day, but they can be kept until the next day. In that case, wrap them well in plastic to prevent them from drying out.

♥ Also see **Rhubarb Buns with Vanilla Cream and Crumble Topping**, which is based on the same recipe. More variations of delicious yeast pastries with blueberries can be found **HERE**.

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