

Holiday baking & St. Lucia's day

Alex S.

Saint
Lucy



Saint Lucy by Niccolò di Segna, c. 1340.

The saint holds the dagger or sword with which she was ultimately executed, as well as the lamp, her attribute.

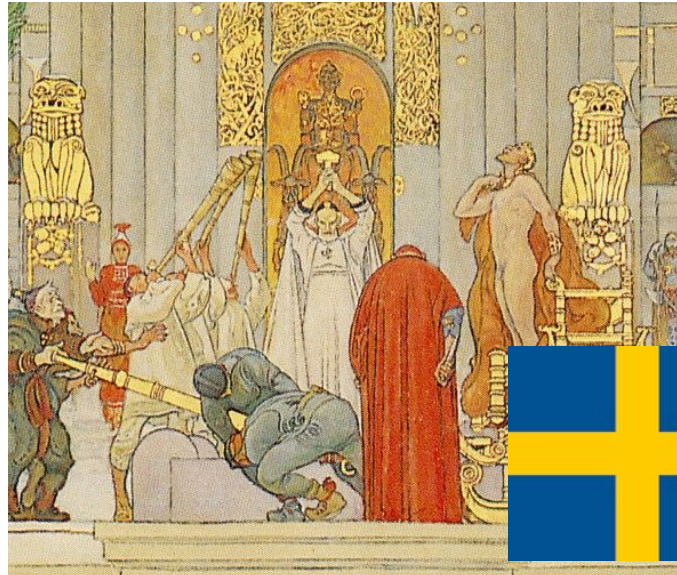
Virgin and Martyr

Born c. 283^[1]
Syracuse, Sicilia, Roman Empire

Died 304 (aged 20–21)
Syracuse, Sicilia, Eastern
Roman Empire

JULIAN 1582		October				Gregorian 1582	
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
	1	2	3	4	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

11 days
difference
Winter solstice:
~ 22/12
(Gregorian)
~ 13/12
(Julian)



Lussekatter /'løse,kater/ (Swedish Lucia buns)

Ingredients

- **50 g** yeast (fresh)
- **175 g** butter
- **1g** (4 packs) saffron
- **175 g** sugar
- **500 ml** milk
- **1/2 tsp** salt
- **900 g** wheat flour

Instructions

1. Grind the saffron in a mortar with some sugar.
2. Melt the butter and mix with the sugar and milk. Heat until 'finger-warm' (37C), then add the yeast.
3. Mix and slowly add flour until the dough is thick enough to work by hand.
4. Knead for ~10 minutes.
5. Let dough rise for 30-45 minutes.
6. Roll dough into thin 'sausages'. Shape into S-shapes, swirls, braids, etc.
7. Let buns rise for another 30-45 minutes.
8. Pre -heat oven to 200C.
9. Decorate buns with raisins, glaze with milk or some egg yolk (optional).
10. Bake for 8-10 minutes.

