

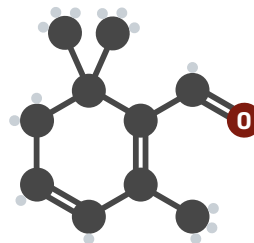


Sweden: Lussekatter

Lussekatter are sweet buns flavoured with saffron. They are eaten in Sweden, Norway and Finland, particularly during advent and on Saint Lucia's Day (13 December). The saffron added to the buns contributes their yellow colour, due to the carotenoid pigment crocin, though commercial buns often have additional colour added due to the high cost of saffron. Saffron's fragrance and flavour primarily come from picocrocine and safranal.



KEY: ● Carbon ● Oxygen ● Hydrogen



Crocin

Safranal

