

## Hungarian Nut Roll

Hungarian nut roll is one of my family's most treasured recipes. And it's one of the recipes that I get plenty of e-mail about. Fresh yeast is usually found in the dairy section, but you can substitute with two 0.04 ounce packets of dry yeast.

*Makes 4 rolls*

### Ingredients for Dough

- 1 large 6-ounce cake of fresh yeast
- 1 tablespoon sugar
- 4 egg yolks
- 1 1/2 cup trans-fat free, melted and slightly cooled
- 1 1/4 cup cold non-fat, skim milk
- 4 1/2 – 5 cups of flour
- 1 teaspoon salt
- 1 teaspoon vanilla
- 6 tablespoon sugar
- 1/2 – 3/4 cups powdered sugar for rolling out the dough

### Ingredients for Filling

- 4 egg whites
- 1 pound ground walnuts
- 1 tablespoon ground cinnamon
- 1 cup granulated sugar
- 1 teaspoon vanilla

### Directions

Prepare the dough by placing a stainless steel bowl directly on the stove (low heat), with 1 tablespoon of the sugar in 1/4 cup of the milk. Once the sugar dissolves, add the cake of yeast, stirring until it melts (milk temperature should be between 72-85° F). Allow the mixture to cool slightly. Beat in 4 egg yolks, the remaining milk, and 1 cup of the butter. Reserve the remaining butter to brush the finished rolls.

Onto a piece of wax paper or aluminum foil, sift the flour, salt, and remaining sugar. Gradually stir it into the yeast mixture until it forms a soft and slightly sticky dough. Knead until the dough no longer clings to the fingers. Add more flour if the mixture is too sticky (remember that this is a dessert dough and should be lighter in texture than a bread dough).

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Cut dough into 4 equal parts and wrap loosely in wax paper. Let rise in the fridge overnight or on the counter for 3-4 hours, until it has doubled in size.

Prepare the filling by mixing all filling ingredients in a large bowl (Note that the filling can be prepared the night before and stored refrigerated). Dust your work surface with powdered sugar and roll out dough into an rectangular disk, 1/2 inch thickness, about a yard in length.

Spread on the filling with a spatula, leaving a 1/2 inch space around the edges. For a variation, I've made my own marzipan and added candied oranges and golden raisins to the filling. Granny also uses off-the-shelf poppy seed filling (Baker brand), which is just as delicious as the nut filling.

Once the filling is well distributed, gently pull up the edge closest to you and begin to roll the dough over the nut filling into a log. Be careful that the dough doesn't stick to your work surface - use your thumbs to push the dough slowly over onto itself. It's better to work with a somewhat sticky dough vs. adding more powdered sugar though, since this will make the dough tough.

After you have rolled the dough into a tight cylinder, smooth the seam with your fingers and pull the ends up and tuck them over to seal. Granny always emphasized to press on the ends - this ensures that the filling won't burst out of the ends. After preparing all four rolls, set them seam-side down on an ungreased baking sheet. Baste the top of the rolls with a little of the reserved melted butter.

Pop your treasures into the oven. They might burst at the seams (mine often do), but that's the beauty of a truly home-made, rustic family recipe. Once they are browned lightly on top, remove them (after about 25-30 minutes). Once they have cooled completely (about 90 minutes), don't forget to wrap them tightly, so they don't dry out. I'm convinced that they are moister if you allow them to sit a day or two. When you are ready to serve, cut the rolls into 2 inch thick slices with a serrated knife and place them on a decorative tray. If you are not planning on serving right away cover it with saran wrap or wax paper.

### **Make It A Meal**

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Hungarian Goulash, Pickled Cucumber Salad, Sateed Spinach

**Wine Pairing**

Cabernet Sauvignon

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