

Nut Roll

Victoria Sulzycki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

1 cup heavy cream
1 yeast cake
1/2 cup butter or margarine
5 egg yolks
3 cups (plus a little) sifted flour
1/3 cup sugar
1 1/2 to 2 pounds, nuts (not shelled)
5 egg whites
1 cup honey
1/2 cup sugar

In a saucepan, scald the cream. Cool. When cool, add the yeast and mix well.

In a bowl, cream the butter. Add the yolks, one at a time, and cream well.

Alternate adding the flour and cream mixture. Mix well until springy and leaves the bowl clean.

Rest in the refrigerator overnight.

Divide the dough into four parts.

Shell and grind the nuts finely.

In a bowl, beat the egg whites until soft peaks form. Add the ground nuts, honey and sugar to the egg whites. Mix.

On a floured board, roll the dough to 1/4 inch thick. Roll into a rectangular shape. Spread the rectangle with the filling. Roll up like a jelly roll. Place seam side down on a greased sheet. Let rise until double in size, about one hour.

Bake in a 350 degree oven for 30 to 35 minutes.

(Various fillings may be used.)

Per Serving (excluding unknown items): 4961 Calories; 209g Fat (37.2% calories from fat); 75g Protein; 721g Carbohydrate; 12g Dietary Fiber; 1638mg Cholesterol; 1363mg Sodium. Exchanges: 17 1/2 Grain(Starch); 4 Lean Meat; 1/2 Non-Fat Milk; 39 1/2 Fat; 30 Other Carbohydrates.