



 2%
HEALTH SCORE

Layered Poppy Seed Pastries

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup butter softened cut into cubes
- 1 eggs
- 1 egg yolk
- 1 egg yolk mixed
- 4 cups flour plus more
- 1 lemon zest grated
- 0.5 cup milk

- 2 ounces poppy seeds canned ()
- 0.3 teaspoon salt
- 1 sugar
- 1 cup sugar
- 1 teaspoon vanilla extract
- 0.5 pound walnuts
- 0.5 cup water cold
- 0.3 oz yeast dry

Equipment

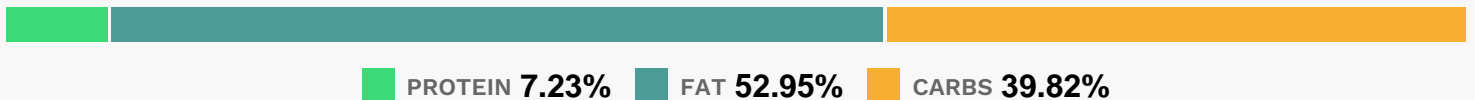
- bowl
- frying pan
- oven
- plastic wrap
- baking pan
- hand mixer
- aluminum foil
- ziploc bags
- kitchen towels
- pastry bag

Directions

- Mix warm milk, sugar and yeast in small bowl until yeast dissolves. Set aside. Blend flour, baking powder, salt and lemon zest in large bowl of electric mixer.
- Add butter and blend until mixture is crumbly. Beat egg, egg yolk and vanilla in small bowl.
- Add to flour mixture alternately with milk mixture and blend until dough comes together.
- Transfer dough to floured board; divide dough into 4 parts. Knead each part into flat disc, then wrap in plastic wrap and refrigerate 1 hour. Spoon poppy seed filling into pastry bag. Blend sugar and nuts in small bowl. Set aside.

- Roll each disc of dough into thin sheet large enough to fit into a 13- by 9-inch baking dish. Trim each sheet dough to fit dish. (Reserve trimmings for Poppy Seed Strudel, if desired.) Arrange 1 sheet dough in bottom of baking dish. Pipe half filling onto pastry (or can be spread using spoon).
- Spread poppy seed filling evenly over sheet of dough. Cover with second sheet of dough, and sprinkle with 1 cup walnut filling. Arrange sheet of dough on top and repeat with layer of poppy seed filling. Top with remaining sheet of dough. Cover with kitchen towel and let stand 30 minutes.
- Brush top with egg yolk mixture.
- Bake at 350 degrees until golden brown, about 45 minutes. While hot, cut into 24 squares. Cool in pan. (To freeze, wrap each pastry in plastic wrap then foil. Store in resealable plastic bags in freezer.) This recipe yields 24 pastries. Comments: Make the Poppy Seed Pastries in advance and store them in the freezer. At serving time, just defrost them; they will stay crisp and everyone will think they were freshly baked. Make extra pastries to follow the Purim tradition of sharing (shalach manos) and give a basket of these delicious confections as gifts to family and friends.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:17.63, Inflammation Score:-4, Nutrition Score:7.4721739130435%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 262.25kcal (13.11%), Fat: 15.8g (24.31%), Saturated Fat: 5.88g (36.74%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 24.98g (9.08%), Sugar: 9.03g (10.03%), Cholesterol: 43.97mg (14.66%), Sodium: 109.69mg (4.77%), Protein: 4.85g (9.71%), Manganese: 0.63mg (31.32%), Vitamin B1: 0.26mg (17.02%), Folate: 59.6µg (14.9%), Selenium: 9.51µg (13.59%), Copper: 0.22mg (11.21%), Phosphorus: 98.21mg (9.82%), Vitamin B2: 0.16mg (9.4%), Iron: 1.58mg (8.77%), Vitamin B3: 1.49mg (7.44%), Magnesium: 29.12mg (7.28%), Fiber: 1.76g (7.05%), Calcium: 68.32mg (6.83%), Vitamin A: 278.14IU (5.56%), Zinc: 0.74mg (4.92%), Vitamin B6: 0.08mg (4.12%), Vitamin B5: 0.3mg (2.96%), Potassium: 98.68mg (2.82%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.17µg (1.16%)