



NAME OF THE RECIPE:

Poppy Seed Loaf

PARTICIPANT'S NAME:

Denise McCrea

CATEGORY:

Family Table (family)

PROVINCE:

Alberta

STORY:

This is my grandma's recipe, which is over 70 years old. My grandma fell in love with her neighbour's poppy seed filling and asked how to make it. The neighbour said the recipe had never been written down and invited her to learn how to make it. With a few modifications over the years, it has become a family favourite.

INGREDIENTS:

Poppy Seed Bread Dough

- 1 package yeast
- 1 1/2 cups warm water
- 1/2 cup oil
- 2 eggs
- 1/3 cup sugar 1 teaspoon salt
lemon peel (optional)
- 5 cups flour (or a bit more/less)

Poppy Seed Filling

- 1 1/2 cups poppy seeds
- 1 1/2 cups sugar
- 5 eggs
- 3 tbspcornstarch
- 1 1/2 cups coconut
- 1/2 tsp salt

INSTRUCTIONS:

Poppy Seed Bread Dough

1. Soak yeast in 1/2 cup lukewarm water and 1 teaspoon sugar for 10 minutes.
2. Add remaining water, oil, beaten eggs and sugar.
3. Add flour and lemon peel.
4. Knead and let rise for about 45 minutes. Punch down. Divide into 4.
5. Roll the dough to 1/2 inch thickness and add poppy seed filling. Place in pans. Let rise about 30 minutes.
6. Bake at 375 degrees for 25-35 minutes.

Poppy Seed Filling

7. Wash and soak poppy seeds overnight after boiling them for 10 minutes. Let stand in refrigerator with 1 inch of water over seeds. Drain in the morning and grind. Add remaining ingredients and mix well in blender. Cook filling over medium heat until thickened, stirring constantly as mixture burns easily.