

Poppy Seed Roll – Czech Makový závin



Do you enjoy poppy seeds? If so, I've got an amazing recipe for you—a classic Old Bohemian poppyseed roll that's sure to delight anyone who tries it!

Course	Dessert, Sweet Bread, Sweet Pastry
Cuisine	Czech
Keyword	Czech Christmas, poppyseed recipes
Prep Time	20 minutes
Cook Time	30 minutes
Rising time	2 hours
Total Time	2 hours 50 minutes
Servings	1 loaf
Calories	2848kcal
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Ingredients

Sweet yeast dough:

- 1 and $\frac{3}{4}$ cup all-purpose flour (230 g)
- $\frac{3}{4}$ cup milk (180 ml) warm
- 2 Tablespoons granulated sugar
- $\frac{1}{3}$ stick unsalted butter (35 g) softened at room temperature
- 1 and $\frac{1}{2}$ teaspoons active dry yeast
- 1 egg yolk
- 1 egg white
- 1 pinch salt

Poppy seed filling:

- 1 and $\frac{1}{2}$ cup poppy seeds ground
- $\frac{3}{4}$ cup milk (180 ml)
- $\frac{1}{2}$ cup granulated sugar (100 g)
- 1 Teaspoon spiced rum
- 1 teaspoon vanilla paste or vanilla essence
- 2 teaspoons lemon zest freshly grated
- $\frac{1}{4}$ teaspoon cinnamon ground
- $\frac{1}{3}$ cup raisins

Misc.:

- 1 Tablespoon powdered sugar for dusting, optional

Instructions

1. First, proof the yeast. Pour a teaspoon of sugar into warm milk, add active dry yeast, and stir. Let the yeast activate in a warm place; that means the yeast should be foamy on the surface. It all takes 10–15 minutes.
2. In the mixing bowl, pour in the flour, remaining sugar, yolk, and the activated yeast mixture with milk. Start the stand mixer at medium speed for about two minutes to roughly combine

- the ingredients. Then add the butter and salt, continuing to knead the dough—for about ten minutes—to achieve a very smooth and elastic texture.
3. Remove the finished dough from the dough hook, shape it into a ball, and place it in a bowl. Cover it with a clean kitchen towel or plastic wrap, and let it rise in a warm spot until it doubles in size. This usually takes about an hour to two, depending on the surrounding conditions.
 4. **Poppy seed filling:** While the dough is rising, prepare the poppy seed filling. In a saucepan, heat milk with sugar; add the poppy seeds, cinnamon, lemon zest, and vanilla. Stir everything together. Reduce the heat and simmer for about ten minutes. Finally, add the rum. Let the filling cool on the kitchen counter.
 5. Turn out the raised dough onto a lightly floured surface. Roll the dough into a roughly rectangular shape, if possible. The size depends on the baking sheet—the roll should comfortably fit lengthwise on the sheet.
 6. Spread the chilled poppy seed filling onto the rolled-out dough, leaving about an inch of space along the edges. Fold the shorter sides over the filling first, then roll the longer side towards the other edge.
 7. Line a baking sheet with parchment paper. Place the rolled strudel on it with the seam side down and let it rise in a warm place for another half an hour (so-called second rise).
 8. Brush the raised roll with the reserved egg white from when you prepared the dough. Use a fork to prick the surface of the roll to prevent it from cracking. Egg wash gives your pastry that desired shiny crust after baking.
 9. Preheat the oven to 350°F (170°C). Bake the roll for 30 minutes until the surface turns golden brown.

Notes

- Makes 1 poppy seed roll loaf.
- SERVING: Let the pastry cool on the baking sheet, or carefully lift it along with the parchment paper and let it cool on a metal rack. Once cooled, slice the roll 1 and ½ inches wide and serve. The poppy seed roll pairs wonderfully with a cup of coffee or tea, whether enjoyed during family gatherings or savored as a delightful breakfast treat.
- For those who enjoy a sweeter taste, dust it with powdered sugar—that's how the Czechs usually do it.
- My favorite trick is to **brush the freshly baked strudel with melted butter** for a fragrant and beautifully soft result.
- Start making the poppy seed filling ahead of time. For the leavened dough, **use filling that's brought to room temperature**. Never too hot or too cold—avoid using filling straight out of the fridge, for instance.
- **How to grind poppy seeds?** Put them in smaller batches into a food processor or a clean coffee grinder and pulse them quickly to grind. The texture of the ground poppy seeds should resemble fine sand. If you grind them for too long, they will turn into a dense, greasy mass—something you don't want.

Nutrition

Calories: 2848kcal | Carbohydrates: 402g | Protein: 71g | Fat: 113g | Saturated Fat: 35g |

Polyunsaturated Fat: 46g | Monounsaturated Fat: 22g | Trans Fat: 1g | Cholesterol: 319mg | Sodium:

301mg | Potassium: 2394mg | Fiber: 40g | Sugar: 158g | Vitamin A: 1797IU | Vitamin C: 9mg | Calcium:
2701mg | Iron: 27mg