

Poppy Seed Cake

Canadian Mennonite Cookbook - 1974

9 egg yolks
1 cup fruit sugar (or fine white)
juice of one-half lemon
1/8 teaspoon salt
1/4 pound unblanched almonds, grated finely on a nut grater
1 cup finely ground poppy seeds
9 egg whites, stiffly beaten

Preheat the oven to 300 to 325 degrees.

In a bowl, beat the egg yolks until light. Add the sugar gradually, a small amount at a time. Add the lemon juice and salt. Beat well.

Fold in the grated nuts and poppy seed. Finally, fold in the stiffly beaten egg whites.

Spoon the batter into an ungreased angel cake pan.

Bake for one hour.

Invert the angel cake over a platter to cool.

Prepare the poppy seeds on the day before.

Cover one cup of seed with boiling water. Simmer for 5 minutes. Drain in a fine sieve. When quite dry, put through the finest blade of a nut grinder to thoroughly mash to a pulp. Set aside one full cup.

Per Serving (excluding unknown items): 685 Calories; 46g Fat (62.5% calories from fat); 57g Protein; 6g Carbohydrate; 0g Dietary Fiber; 1914mg Cholesterol; 813mg Sodium. Exchanges: 6 1/2 Lean Meat; 6 1/2 Fat.