

RUGELACH

A POPULAR HOLIDAY COOKIE MADE WITH A CREAM CHEESE DOUGH AND APRICOT FILLING

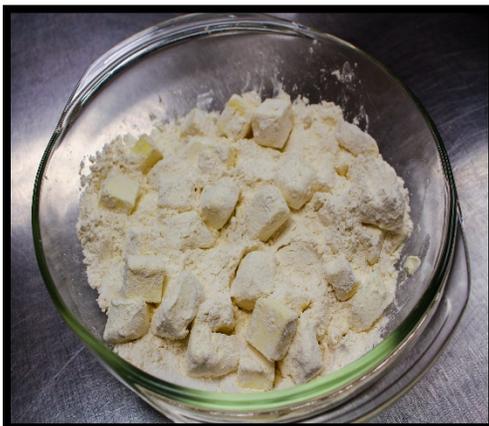


Yield: 20 Servings – Serving Size: 2 oz. – Prep Time: 90 Minutes



Ingredients:

- 2 Cups – All Purpose Flour
- ¼ tsp. – Salt, Iodized
- 1 Cup – Unsalted Butter (Cut into Small Pieces)
- 1 (8 ounce) Package – Cream Cheese (Cut into Small Pieces)
- 1/3 Cup – Sour Cream, Full Fat
- ½ Cup – White Sugar, Granulated
- 1 Tbsp. – Ground Cinnamon
- 1 Cup – Walnuts, Finely Chopped
- ½ Cup – Apricot Jam
- ½ Cup – Flour for Dusting Work Area



1) Preheat oven to 325 degrees. In a mixing bowl combine the all-purpose flour, salt, cold cream cheese and cold butter. Utilizing a pastry blender or your hands crumb together the butter and flour. Massage the butter and cream cheese into the flour breaking it into smaller and smaller pieces until a crumb-like texture is achieved.

Then add the sour cream.



2) Work the sour cream into the dough until it can be picked up in a single piece. Transfer the dough to a lightly floured work station and knead for approximately 1-2 minutes or until the dough is no longer tacky. If the dough remains tacky, add a small amount of additional flour until the dough is no longer sticky.

3) Form the dough into a rectangle to aid in the rolling process. Wrap the dough in plastic wrap and place in the refrigerator for at least 1 hour.



4) While the dough chills, combine the apricot jam, chopped walnuts and cinnamon in a small bowl to create the filling. Mix thoroughly.



5) Remove the dough from the refrigerator. Remove plastic wrap. Place on a generously floured surface. Roll out the dough utilizing a rolling pin into a rectangular shape. Try to prevent rolling the pin off the dough as the edges will become too thin. Utilized a small knife or pastry wheel remove edges to create a clean rectangular shape.



5) Utilizing the back of a spoon spread the apricot walnut filling onto the dough leaving about a half inch uncovered on the long edge facing you.

6) Starting with the uncovered edge tightly roll the dough by making ½-1 inch folds.



7) Utilizing a knife or a bench scraper cut the roll into 1" pieces.

8) Evenly space the cookies on a parchment lined baking sheet. At this stage the cookies can also be topped with additional nuts or a sugar coating if desired. This can be done by egg washing the top of the rugelach and sprinkling over coarse sugar or additional chopped nuts of choice. Place in the oven at 325F for 20-22 minutes or until the sides and top turn golden brown.





9) Serve and Enjoy!

Equipment Needed: Measuring Cups, Mixing Bowl, Spoon, Knife, Baking Sheet, Plastic Wrap, Parchment Paper, Rolling Pin, Cutting Board

Calories: 240Kcal – **Calories from Fat:** 160Kcal – **Total Fat:** 18g – **Saturated Fat:** 9g – **Trans Fat:** 0g – **Cholesterol:** – 40mg
Sodium: 70mg – **Total Carbohydrate:** 20g – **Dietary Fiber:** 1g – **Sugar:** 8g – **Protein:** 3g