

Jam Roly Poly

Adapted from Jill O'Connor's [*Sticky, Chewy, Messy, Gooey Treats for Kids*](#) (Chronicle, 2009)

This oh-so-tender, rustic-looking pastry uses a brilliant technique: you grate frozen butter directly into the flour. Keep in mind that without the jam "sauce" on top, this pastry is not very sweet, so don't skip it. This is a perfect treat to make with little kids. Just grate the butter yourself.

Serves 8

1 cup all-purpose flour
1 cup whole wheat pastry flour
2 teaspoons baking powder
1/4 teaspoon nutmeg
1/2 teaspoon salt
2 tablespoons granulated sugar
10 tablespoons (1-1/4 sticks) unsalted butter, frozen
2/3 cup ice water, or more if needed
3/4 cup strawberry jam, or jam of your choice
1 tablespoon milk
Demerara sugar, for sprinkling (or substitute granulated sugar)

Preheat oven to 400 degrees and fit a baking sheet with parchment or Silpat.

Sift the flours, baking powder, nutmeg, and salt into a medium bowl. Using the large holes of a box grater, grate the frozen butter directly into the flour mixture, and use your hands to lightly fluff the ingredients so the butter shreds are coated. Place the bowl in the freezer for 5 minutes.

Drizzle the ice water into the flour-butter and stir until you have a soft, shaggy dough. You may not use all the water, or you may use a few spoonfuls more.

Liberally coat a work surface with all-purpose flour and dump the dough onto the flour. Have a bench scraper handy. Knead the dough quickly, five or six times. Using a floured rolling pin, roll the dough into a 9x13-inch rectangle and spread 5 tablespoons of the jam over top, leaving a jamless 1-inch border. Use the scraper to help you roll the pastry, lengthwise, into a jellyroll. Brush off excess flour with a pastry brush, if necessary.

Pinch the ends shut, seal with a little water, and transfer the roll (seam side down) to the prepared baking sheet. Patch any holes with flour. Brush with milk and sprinkle liberally with demerara sugar.

Bake for 30 minutes, or until pastry puffs and turns golden brown. Cool a few minutes on the baking sheet, then use two spatulas to transfer to a rack for 10 minutes. Use a serrated knife to cut into 8 slices.

Thin the remaining jam with a little water and warm in the microwave. Spread the pastry with the warm jam, or pass alongside.