



Grape Must Sweet Delight Roll

20'

Hands on

3 days'

Hands off

6-8

Portion(s)

2

Difficulty



Method

Turkish sweet delight or lokum, to be exact! It is usually made with a starch and sugar jelly, as a base. It comes in a wide variety of flavors (rosewater, mastic etc) or various nuts bound together by the jelly.

This is a very interesting Turkish/Greek variation made with grape must pudding instead of starch and sugar which makes it very healthy and all natural! Grape must pudding is called "moustalevria" and can be eaten on its own as a sweet.

- Soak the walnuts in water for at least 3 days.
- This is done so that the walnuts are soft enough to thread.
- Cut a thread 25 cm in length.
- Make a knot at one end and pass the other end through a needle.
- Thread the walnuts close together. Make a large noose at the end of the line of threaded walnuts.
- Prepare the [grape must jelly](#) (moustalevria) and put it in a deep container. A vase for flowers or a jug, are ideal containers.
- Balance a thin rod or a wooden spoon on a baking pan or a bowl.
- Sink the threaded walnuts into the grape must. Leave them in for 2-3 minutes. Remove and hang from the rod or wooden spoon for a few minutes until they dry and become more firm.
- Repeat the process another 2 or 3 times, depending on how thick you like your sweet delight!
- When ready, set it aside to dry again and become more firm.
- Dust with caster sugar and cut into pieces to serve.

Ingredients

- [grape must pudding](#)
- walnuts

For serving

- 1 tbs icing sugar

Διατροφικός πίνακας

Nutrition information per portion

654 Calories (kcal)	22.6 Total Fat (g)	2.7 Saturated Fat (g)	95.0 Total Carbs (g)
33%	32%	13%	37%
83.0 Sugars (g)	9.4 Protein (g)	8.8 Fibre (g)	0.02 Sodium (g)
92%	19%	35%	0%