

Photo: Sarra Sedghi

BAKING & DESSERTS Grandma Honey

Grandma Honey's sweet kugel

By Sarra Sedghi · Rough Draft Atlanta, 12/17/2025

Ingredients

KUGEL

- [ ] 3 large eggs
- [ ] 1/2 cup white sugar
- [ ] 1/4 cup butter
- [ ] 8 oz cream cheese
- [ ] 8 oz sour cream
- [ ] 8 oz broad noodles

TOPPING

- [ ] 1/2 cup cornflake crumbs
- [ ] 2 Tbsp butter, softened
- [ ] 3 Tbsp white sugar
- [ ] Cinnamon to taste

Directions

1. **Prep the kugel:** Mix eggs, sugar, butter, cream cheese, and sour cream in a food processor.
2. Boil the broad noodles according to package directions.
3. **Prep the topping:** Mix cornflake crumbs, softened butter, white sugar, and cinnamon in a small bowl.
4. Combine noodles and processed mixture in a greased two-quart glass dish. Sprinkle topping over mixture.
5. Cover with aluminum foil and refrigerate for at least 24 hours.
6. Then uncover and bake at 325 Fahrenheit for 1 to 1 1/2 hours.

The story

This week, we're bringing Rough Draft readers a sweet kugel recipe from Carolyn Chayet (aka "Grandma Honey") as part of our Grandmas of Atlanta recipe series.

Chayet has lived in Atlanta for nearly 60 years. She and her husband were seeking warmer climes in the 1960s, relocating their Cleveland-based food delivery business to Atlanta.

At 89, Chayet likes to stay active. In addition to reading, baking, and spending time with her six great-grandchildren, Chayet attends weekly pilates classes, makes it a point to visit New York-style deli Bagelicious in Marietta every Friday, and is an avid mahjong player. She learned to play mahjong at the age of 19.

“My husband bought me a mahjong set and [he, my brother, and my sister-in-law] taught me how to play,” Chayet said, who still plays mahjong once a week with a group of friends. “We only play Siamese mahjong now,” she added.

According to Chayet’s granddaughter, Jaime Levitt Corry, she worked at a metro Atlanta wholesale bakery in the 1990s.

As for the nickname, Grandma Honey, Chayet said she manifested that moniker on her own. “When my grandchildren were born, I wanted them to call me ‘honey’ because I call everyone honey,’” Chayet explained. “Grandma Honey was a good choice because honey makes people smile.”

Kugel, a traditional Ashkenazi Jewish recipe containing eggs, sour cream, spices, and egg noodles or potatoes, is often served on holidays or for special occasions, and can be made either sweet or savory.

Chayet’s sweet variation on kugel features a cinnamon-sugar cornflake crust and carries a flavor profile reminiscent of French toast casserole.

“Many years ago when I worked at Pacesetter Steel Service, our controller, Jon Rapaport, used to bring in this kugel many mornings,” Chayet noted in her 2020 cookbook. “It smelled so good while baking and tasted even better. I have many good kugel recipes, but this one is the best.”

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