

APPLE STRUDEL

German recipe



Preparation : 20 min - **Resting :** 30 min - **Cooking :** 55 min - **Equipment :** -

Ingredients : SERVES 4 to 6

- STRUDEL PASTRY - 250 g flour - 1 pinch salt - 1 egg - 80 ml water (at room temperature) - 25 ml canola oil - FOR VANILLA SAUCE - 5 egg yolks - 60 g caster sugar - ½ vanilla bean - 350 ml full cream milk - FOR FILLING - 150 g sultanas - 1 tbsp lemon juice - ½ tsp lemon zests - 1 tbsp rum - 50 g beurre - 100 g breadcrumbs - 1 tbsp cinnamon - 140 g sugar - 1 kg cooking apples (Belle de Boskoop), sliced - 30 g melted butter - 2 tbsp icing sugar

1. Put all the pastry ingredients in bowl and run EXPERT programme 2 minutes/speed 6 (without heating). Put a spoonful of oil in a bowl and add pastry to oil it. Rest pastry for 30 minutes at room temperature covered with a moist tea towel.
2. Soak sultanas in lemon juice and lemon zests in rum.
3. Put butter in bowl and melt with EXPERT programme 1 minute/speed 0/110°C.
4. Add breadcrumbs and brown with EXPERT programme, 3 minutes/speed 3/120°C.
5. Add cinnamon, sugar and sultanas with juices and blend using EXPERT programme 30 seconds/speed 3 (without heating).
6. Preheat oven to 190°C.
7. Spread tea towel on table and sprinkle with a little flour. Sprinkle oiled pastry with a little flour. Place pastry on tea towel and roll out. Then gently stretch the edges of the pastry with the hands, using a circular

movement.

8. Place sugar and sultana mixture on top of pastry then add sliced apples. Roll up the strudel loosely using a tea towel and place on a lined baking tray. Bake strudel for about 50 minutes.

VANILLA SAUCE

1. Put egg yolks in bowl with castor sugar and vanilla bean seeds. Install whisk, remove cap and run EXPERT programme, 8 minutes/speed 5/65°C.

2. Run EXPERT programme for 8 minutes/speed 3/80°C. Gradually pour milk through opening of lid and then close the cap.

Cook Expert ■

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