

Apple Strudel

EQUIPMENT

Scales, Peeler, Chef's Knife, Serrated Knife, Rolling Pin, Stand Mixer with Paddle Attachment, Small and Large Mixing Bowl, Small and Large Pot, Baking Tray, Baking Paper, Lint Free Tea Towel, Pastry Brush

INGREDIENTS

For the Pastry:

60gm Melted Butter, 210gm Plain/All Purpose Flour, 80gm Warm Water, Pinch of Salt

For the Filling:

65gm Sultanas, 50gm Spiced Rum, 4 x Granny Smith Apples, 5gm Ground Cinnamon, 5gm Vanilla Extract or Paste, Juice Of 1 Lemon, 50gm Melted Butter, 30gm Breadcrumbs, Creme Fraiche, Icing Sugar

METHOD

To make the pastry:

Place a large pot on the lowest setting on the stovetop for 5 minutes to warm. In another pot place the butter for the pastry and melt over low heat. Place the remaining ingredients in the bowl of a stand mixer and once the butter has melted add that to the flour mix. Mix on medium speed for 2-3 minutes.

Once mixed, remove the dough and knead briefly by hand, remove the pot from the heat and line the pot with baking paper, place the dough in the warm pot and cover with a tea towel and set aside to rest for 15-20 minutes.

For the Filling:

Place sultanas in a small mixing bowl and add rum, soak for 15 minutes.

In a large mixing bowl add caster sugar, cinnamon, vanilla, lemon juice and a pinch of salt and set aside. Peel the apples and cut the apples into batons approx. 5cm x 2cm and add to the mixing bowl. Mix all ingredients well and add the soaked sultanas, pour the mixture into a sieve and set aside.

Assembly:

Place a clean lint free tea towel on the benchtop and dust lightly with flour, roll the pastry into a approx. 35cm x 20cm rectangle. Brush the surface of the pastry with flour and scatter over breadcrumbs. Place apple mixture into the middle of the pastry keeping it in a rough log shape.

Roll the pastry over the apple and use the tea towel to continue to roll the pastry into a large log (like a roulade)

Transfer the strudel to a baking tray lined with baking paper and brush the surface with remaining melted butter. Place into a preheated oven 175°C Combi Mode (50% Steam) and bake for 45-50 minutes.

Once baked remove from the oven and rest for 5 minutes before slicing. Cut portions with a sharp serrated knife and dust with icing sugar and serve with double cream or vanilla ice cream.

HINTS & TIPS

Use tart apples for best results and don't be tempted to cut them too thinly, you still want a very slight crunch from them.

This pastry is very simple and quick to make, you do not need to spend time kneading it, keeping the pastry warm while you prepare everything else makes rolling it into shape easier.

This is a very classic version of a strudel, if you can't be bothered making pastry, pre-made puff pastry will also work, don't forget to add the breadcrumbs to the pastry, this keeps the pastry from going soggy while the apples bake inside it.