

# Studio 5

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## “Apple Strudel”

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Thin layers of crust typical of strudel create a mouth watering tender dessert.

Serves 16

### Ingredients:

- 2 cups flour
- 1/2 teaspoon salt
- 2 large eggs, beaten
- 1/4 cup lukewarm water
- 1/2 teaspoon white vinegar
- 4 cups thinly sliced tart apples (about 4-5 medium)
- 1/2 cup raisins, optional
- 1/2 cup chopped walnuts, optional
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 3/4 cup sugar
- 1 tablespoon cornstarch
- 12 tablespoons butter, divided
- 4 tablespoons dry bread crumbs
- Cinnamon and Sugar, optional
- Powdered Sugar, optional
- Serve with Vanilla Ice Cream

### Method:

Preheat oven to 400 degrees. Spray jelly roll pan (with sides) with non-stick spray and set aside.

\* Stir together 1 1/2 cups flour and salt; mix in 7 tablespoons butter until mixture resembles course cornmeal. Form a hollow in center of flour; add beaten eggs, water and vinegar; stir until soft dough forms. Place dough on floured surface and knead until smooth and elastic. While kneading, gradually sprinkle flour on surface and ball of dough to prevent dough from sticking. Cover and set dough aside in warm place while preparing filling.

Core apples and thinly slice, chop, or coarsely grate; add raisins and optional nuts. Stir together cinnamon, nutmeg, sugar and cornstarch; add to apples and toss to coat.

Sprinkle a large cotton dish towel with flour. Roll dough out on towel in a thin layer to at least a 15”x35” long rectangle (the thinner the better). Melt remaining butter and brush approximately 4 1/2 tablespoons on dough, sprinkle with bread crumbs. Place apple mixture on one end of dough to within 1 inch of sides. Keep apples piled in a 3 inch wide strip. Using dish towel as an aid, roll strudel up jelly roll fashion. Place on prepared jelly roll pan. Brush with melted butter, sprinkle with optional cinnamon and sugar, bake strudel 30 minutes. Sprinkle with optional powdered sugar. Serve warm with vanilla ice cream.

### Notes:

\* Quick version. Replace crust, with frozen puff pastry sheets. Each package contains 2 sheets. Thaw pastry according to package directions. Unfold pastry on counter; do not brush with butter nor add bread crumbs. Divide apples between sheets. Roll sheets around apples, seal edges and place seam side down on prepared baking sheet. Bake as directed. (Nutrition analysis is calculated according to recipe above, not puff pastry.) Ice Cream has not been included in nutrition analysis.



Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 16	
Amount Per Serving	
<b>Calories 240</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 6g	<b>29%</b>
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 16g	
<b>Protein 3g</b>	
Vitamin A 8%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	