



In the Kitchen with Primary Students

AUSTRIAN APPLE STRUDEL

FRESH FROM THE GARDEN: Apples



Lemons



Blueberries



Tomatoes

Ingredients

Dough:

1 cup flour
1 tablespoon oil
100mls warm water
1 pinch of salt

Filling:

6-8 apples
1 lemon
 $\frac{1}{2}$ cup breadcrumbs
2 tablespoons sugar
1 tablespoon cinnamon
 $\frac{1}{2}$ cup raisins
 $\frac{1}{3}$ cup butter melted

Method

1. In a bowl of an electric mixer fitted with the dough hook attachment, mix all the ingredients on low or medium-high speed for about 10-15 minutes until the dough is smooth. Put dough in a bowl, drizzle with oil and cover with cling wrap and leave overnight in the fridge.

2. Peel the apples, quarter and core them. Chop every quarter into 1cm thick slices. Put in a large bowl. Drizzle the slices with lemon juice to prevent the apples from browning. Add sugar, cinnamon, raisins and breadcrumbs, and mix together and put aside.

3. Roll out the dough with a rolling pin on a clean and lightly floured surface. Flour the surface and the dough every now and then while rolling.

4. When the dough gets about 30cm in diameter, pick it up then use the back of your hands, particularly your knuckles to stretch it.
5. When the dough gets larger and thinner and is difficult to handle, put it down on a lightly floured dish cloth, continue stretching the dough using your hands. Stretch it until it starts to look translucent.
6. Spread the apple mixture evenly over half of the dough and leave about 4cm on either side. Brush the dough with melted butter.
7. Fold in the side-ends of the dough. Using the dish cloth, roll the dough, starting at the apple topped end, all the way. Then gently roll the strudel onto a sheet of baking paper with the seam-side down.
8. Transfer the strudel onto a baking tray and brush with the remaining melted butter.
9. Bake at 180-190°C for 30-40 minutes or until golden brown. Serve warm.