



Veal Strudel with Applesauce

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Prep Time:	25 min	Level:	Serves:
Inactive Prep Time:	4 min	Difficult	4 to 6 servings
Cook Time:	3 hr 0 min		



Ingredients

- 4 tablespoons lard
- 2 pounds veal shoulder, cut into 1-inch cubes and seasoned with salt and pepper
- 2 carrots, cubed into 1/4-inch dice
- 1 Spanish onion, cut into 1/4-inch dice
- 4 red cherry peppers, cut into 1/4-inch cubes
- 2 tablespoons paprika
- 7 ounces speck, cut into 1/4-inch cubes
- 1/4 tablespoon ground cloves
- 1/4 teaspoon ground cinnamon
- 2 cups red wine
- Salt and pepper
- Strudel Pastry, recipe follows
- 2 egg yolks, beaten
- 1 recipe Green Applesauce, recipe follows
- Strudel Pastry Austro-Italian Style:
- 4 ounces butter, plus 12 ounces, cold
- 1 teaspoon salt
- 2 1/2 cups all-purpose flour, plus 1 cup
- 1/2 cup ice water
- Green Applesauce:
- 8 green apples, peeled and cored
- 1/2 cup sugar
- 2 shots (2 to 4 ounces) grappa
- 1 pinch ground cinnamon
- 1 teaspoon salt
- 1 lemon, juiced
- 1/4 cup fresh chives

Directions

In a heavy-bottomed casserole, heat the lard until smoking. Add the veal pieces, 5 or 6 at a time, and cook until golden brown. Remove and add the carrots, onion, peppers, paprika, speck, cloves, cinnamon, and cook until softened, about 8 to 10 minutes. Add the wine and bring to a boil. Add the meat and return to a boil. Lower the

heat and simmer for 1 to 1 1/2 hours, until the meat is very tender. Season with salt and pepper and allow to chill 4 hours in a refrigerator.

Preheat the oven to 375 degrees F.

Roll out the strudel dough into a 10 by 14-inch rectangle. Place the cold veal stew in center and roll up like a strudel. Save cut scrap pieces of dough to garnish the strudel with a design or the name of a loved one (?Billy Bob?, for example). Brush with beaten egg yolks, place on a cookie sheet and bake for 50 to 60 minutes, until golden brown and piping hot inside. Allow to rest 10 minutes and serve with green applesauce.

In a food processor, place 4 ounces butter, 1 teaspoon salt, and 2 1/2 cups flour and blend until texture of bread crumbs. Slowly add ice water until dough comes together. Remove and form into a ball, then flatten it into an 8 by 10-inch rectangle and place in refrigerator. This is called the pasta mixture.

In a food processor, place the remaining butter and 1 cup flour, and mix until blended and scrape out onto a board. Working quickly, form this mixture in a 4-inch square and place in refrigerator. This is called the burro mixture.

After 1/2 hour, when the 2 mixtures are similar in texture, place pasta mixture on a well-floured clean marble surface. Place burro mixture in center and fold the pasta mixture over it, like wrapping a gift. Flatten with a rolling pin and roll out to an 8 by 16-inch rectangle, flouring regularly. If butter comes to surface, flour the spot heavily and continue working. Fold bottom third up and top third down to form a small package and turn 90-degrees clockwise. Pat dough with rolling pin to adhere and roll out to large 8 by 16-inch rectangle again. Repeat folding process and refrigerate 30 minutes, covered in a moist cloth. Remove and repeat the rolling-and-folding process 3 times. Allow 30 minutes refrigeration between each maneuver. The dough is now ready and will keep in the refrigerator 10 days, wrapped tightly in plastic wrap.

Quarter the apples and place them in a saucepan over medium heat with the sugar, grappa, cinnamon, salt and lemon juice. Cook until soft and broken down, about 10 to 15 minutes. Remove from heat, stir in chives and serve immediately.

Print Size:



8.5 x 11"



4 x 6"



3 x 5"

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