

APPLE & CHERRY STRUDEL

INGREDIENTS

STRUDEL PASTRY

300g cake flour
1 tsp salt
2 egg yolks
3 tbsp sunflower oil
125ml water

Strudel Filling

125gms fresh white breadcrumbs
100g butter
750g Granny Smith apples (peeled, cored and thinly sliced)
150g cherries, pitted
125g light brown sugar
50g flakes toasted almonds
1 tsp cinnamon
100g melted butter
Runny honey to glaze

METHOD

Strudel Pastry

Step 1

Sift the flour and the salt into the bowl, in a separate large bowl combine the eggs, water and sunflower oil.

Step 3

Make a well in the centre of the flour and add the liquid, bring together into a ball and transfer to the counter

Step 4

Knead until a soft smooth dough has been formed, about 15 minutes. Wrap in cling wrap and set aside for 30-minutes

Step 1

Preheat the oven to 200C. In a frying pan fry the breadcrumbs with the butter until golden brown, Remove from heat and transfer to a bowl.

Step 2

Peel the apples and slice them into very thin slices in a large bowl.

Step 3

Add the breadcrumbs, sugar, almonds, cinnamon and breadcrumbs to the apples. Mix very well using your hands to ensure the breadcrumbs coat all the pieces of apple

Step 4

Lightly flour a very clean tablecloth. Gently roll out the dough and then stretch it out with your hands. Stretch the dough until it reaches a 60cm square piece. Then using a knife trim the edges.

Step 5

Brush the dough with the melted butter, reserving some to glaze the outside.

Step 6

Scatter the filling evenly over the dough, and then using the tablecloth as a guide, roll up the strudel into a long roll

Step 7

Transfer the strudel to a greased baking sheet and glaze with the remaining butter. Bake for 40-minutes until the strudel is golden brown and cooked through.

Step 8

Remove the strudel from the oven and glaze with a little honey, serve warm with a simple custard

THE COOKERY

by The Secret Jozi Chef