

Apple Strudel – Apfelstrudel

Basic Strudel Dough

- 18 oz flour (all purpose)
- 3 oz oil (any vegetable – no olive)
- 1 pinch of salt
- 1 egg
- 9 oz warm water (100°F)

1. Place flour in a hollowed-out circle on a clean, dry cutting board or in a large bowl
2. Add water and oil into the well in the center
3. Combine flour and liquids using a criss-cross motion with a serrated knife to evenly separate and distribute all the ingredients

Kneading

1. Knead dough with one hand, use your other hand to add only as much flour onto the work surface and into the dough as is minimally needed to produce a coherent but still sticky dough; alternate kneading and ‘throwing the dough onto the board or toward the center of the bowl’ (this is a great opportunity to let out your anger at something or somebody...); kneading and throwing process should take approx. 15 minutes, the dough now has a soft, silky surface and is no longer sticky.
2. Divide dough in two balls, place on a parchment-lined sheet pan, brush the tops with warm melted butter or oil and cover with an inverted bowl, let them rest for 30 minutes at room temperature (approx. at 75°F)

Prepare filling as outlined in
individual recipe at this time

Stretching the Dough

1. Take a table cloth, dust it with flour, place one of the dough balls on it (leave the other half covered), lightly dust the dough with flour and roll out with a rolling pin into an even ¼” thick rectangle
2. Lightly flour your hands, pick up the dough at the edge and slide your hands under it toward the center, palms down; allow the dough rest across the back of both hands (even as far as toward your forearm) begin pulling in opposite directions to stretch the dough (do not let your fingers touch the dough to prevent tearing it); continue lifting and stretching the dough, working your hands gently in opposing motion, always moving from close to the center out to the edges until the dough reaches an even, transparent thickness covering the entire work surface; place dough on tablecloth, smooth and stretch it¹; trim the edges of dough all around the work surface so that no thick or overhanging pieces remain.



¹ If the dough should tear, simply layer the filling around the tear, leaving enough of a margin to avoid additional damage; do not try to patch, re-amass or re-roll it

Apple Filling

6 lb apples [preferred: Fuji]
1 lb sugar
1 oz vanilla
1 oz cinnamon
¼ lb raisins
Lemon zest from one lemon
8 oz bread crumbs
3 oz unsalted butter
Optional:
rum², walnuts, or blueberries,
or dried cranberries

Preparing apple filling:

wash and peel apples, cut in quarters and slice thin
add all other ingredients and mix well,
depending on the sweetness of apples, you may need more sugar

Roasting bread crumbs:

melt butter in a sauté pan over medium heat, add bread crumbs
and lightly toast; set aside to cool

For assembly:

'mentally fold the dough into three equal sections like a business letter'
spread an even layer of cool, roasted bread crumbs over two thirds of the dough
and spread apple filling over that
brush remaining one-third of unfilled dough with melted butter
holding the cloth at two corners and start rolling the strudel from the filled end
allowing gravity to pull the roll over onto itself;
expert equal pressure with both hands to ensure a uniform shape from one side
to the other – do not touch the dough directly with your hands!

Transfer strudel – prepare the second strudel in the same manner

Using cloth like “a sling” transfer strudel to a buttered [or non stick spray]
sheet pan or clear glass baking dish, large enough to comfortably hold
both your strudels, approx. 3 inches apart

Bake for approximately 35 – 40 minutes at 375 - 390°F

When strudels are an even golden brown, remove from oven,
Sprinkle with confectioners' sugar, slice and serve while still slightly warm

Enjoy!

Master Chef Wilhelm Jonach

&

Gerda Merwald

² You may want to microwave the raisins with rum

