

# Apfel Strudel



This wonderful German pastry is a bit time consuming to make, but it can be a very enjoyable experience especially if you do it with a friend.

Have a Strudel get together! That is what my Grandmother use to do.

In Grandma Block's part of Germany, Strudel was not usually made-at least, not in her family. She learned about it from her German friends after she came to America. The group of German and Austrian families would get together and have Strudel-Fests at one of the big halls where there were cooking facilities-large work-tables and ovens. There, the women would have a grand time working together, and the families would enjoy the singing and dancing as well as the Strudel.

Though Grandma never made Strudel by herself, one of her German friends would come over to the Block's house and help her make it-they would chop apples together, stretch the dough together, and roll it up and bake it together. It was much more fun with a friend, anyway! After it was done, they would each have a slice of the Strudel, with a cup of coffee, and consider the whole project time well spent.

Oven: 350 degrees.  
Generously butter 2 large baking sheets.

**STRUDEL DOUGH**  
2 C. sifted all-purpose flour  
1/3 teaspoon salt  
1 small egg, beaten  
2 teaspoons cooking oil  
3/4 C. lukewarm water



1. Sift flour and salt into a large bowl and make a well in the center. 2.



Add the beaten egg and cooking oil and mix well. 3. Stirring constantly, gradually add the lukewarm water. Keep the mixture a smooth paste and keep mixing until a soft dough is formed.



4. Turn dough (dough will be sticky) onto a slightly floured pastry board.



5. Hold dough above board and hit it hard against the board about 120 times. Dough will become smooth and elastic and leave the board easily.



6. Knead slightly and pat into a round. Lightly brush top of dough with cooking oil. (Not olive oil.) Cover with inverted bowl and allow to rest 30 minutes. Meanwhile, prepare the following:



#### FILLING for STRUDEL

- 1 C. butter, melted and set aside to cool
- 4 medium size cooking apples (about 1 ¼ pounds)
- 2 Tablespoons Vanilla extract
- 2 Tablespoons brown sugar
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- 2 Tablespoons white sugar
- 1 ½ teaspoons Cinnamon
- ½ teaspoon Allspice
- 2 Tablespoons brown sugar
- 1 C. walnuts, chopped finely





(This lemon peel was done with a zester. I then diced it fine.  
You can also use a hand grater)

2 teaspoons grated lemon peel  
2 Tablespoons butter  
 $\frac{3}{4}$  C. fine dry bread crumbs (about 2 slices bread)  
2 Tablespoons dark seedless raisins  
3 Tablespoons Currants

1. Wash, core, and pare apples. Cut into slices about 1/8 in. thick and put into bowl with Vanilla extract and 2 Tablespoons brown sugar. Toss lightly to coat slices evenly. Set aside for at least 30 min., tossing occasionally.

2. Mix together white sugar, Cinnamon and Allspice. Blend in 2 Tbs. brown sugar and set this mixture aside.

3. Chop walnuts and set aside. Grate Lemon peel and set aside. Melt 2 Tbs. butter in skillet and toss dry bread crumbs in butter until thoroughly coated.



## ROLLING AND STRETCHING THE DOUGH:

1. Cover a table (about 48 in. by 30 in.) with a clean cloth, allowing the edges to hang down.
2. Sprinkle with about  $\frac{1}{2}$  C. flour, most of it in the center of the cloth.
3. Place dough in the center of the cloth and roll into a square. If necessary, sprinkle more flour under the dough so it doesn't stick. With a soft brush, lightly brush off any flour on top of dough, and brush top with cooking oil. (Oil aids in preventing holes during stretching.)



4. With palms of hands down, reach under dough to its center (dough will rest on backs of hands) and lift slightly, being careful not to tear the dough. To stretch dough, gently and steadily pull arms in opposite directions. Lower dough to table as you walk around table, pulling to one side and another, but not too much in one place. Keep dough close to table. (If any torn spots appear, do not try to patch.) Keep pulling and stretching dough until it is as thin as tissue paper.
5. With scissors, cut off thick outer edges of dough. Allow stretched dough to dry for a short time--not more than 10 minutes.



#### FILLING, ROLLING and BAKING:

1. Paint dough with  $\frac{1}{4}$  C. of the cooled melted butter.
2. Sprinkle the buttered bread crumbs evenly over  $\frac{1}{2}$  the buttered dough, in the center, leaving sides free of filling so they can be folded over the apples.
3. Cover the crumbs with apple slices, sprinkle lemon peel over apples.
4. Toss on evenly the chopped nuts, raisins and currants. Sprinkle the spiced sugar mixture over the nuts and fruit.
5. Drizzle mixture with  $\frac{1}{2}$  C. melted butter.



6. Fold dough on 3 sides over the filling. Beginning at the narrow folded

end of dough, grasp tablecloth with both hands. Holding it taut, slowly lift cloth, rolling dough over filling. Pull cloth toward you, again lift cloth, and slowly and loosely roll dough until it forms a large jelly-roll.



7. Cut Strudel into halves, and lifting half on cloth, gently roll onto baking sheet. Brush off excess flour from each roll. Cut off ends of dough and pinch together so filling won't ooze out during baking. Roll may be shaped into a large circle or "horse-shoe" shape if desired. Brush top and sides with melted butter.



8. Bake at 350° for 35 to 45 min., or until golden brown. Baste and brush about 4 times during baking with melted butter. 9. When Strudel makes a crackling sound when touched, it is done. (The baked dough should not be smooth.) 10. Remove to cooling rack; cool slightly. Sift confectioner's sugar over top if desired. Cut in two-inch slices and serve warm.







