

Apple Strudel

The Well Traveled Fork

Servings: 8

This recipe was originally from my Grandma but improved by my Mom. I edited the recipe and it is a favorite of our family. This is what strudel is supposed to taste like!

Pastry Dough

1/4 cup milk

3 Tablespoons butter, cut into 2 pieces

1 cup flour

1 egg yolk

dash salt

Filling

7 Granny Smith apples

1 cup sugar

2 teaspoons cinnamon

1 cup vanilla wafer crumbs

1 cup walnuts, chopped

5 Tablespoons butter, melted

Heat milk until bubbles appear around the side of the pan and turn off the heat. Add the butter; make sure the butter melts. Add the flour, a pinch of salt and an egg yolk. Mix the ingredients together until it leaves sides of pan. The dough will be the consistency of cream puff dough. Cover the pan and leave on the stove, letting it rest for at least 15 minutes.

Preheat the oven to 350 °. Peel and chop the apples. Combine the cinnamon and sugar and set aside. Put the vanilla wafers in a food processor and pulse until the cookies become a fine crumb. Set aside. Put the walnuts into the food processor and coarsely chop the walnuts. Set aside. Then, knead dough on a floured towel on a warm surface, such as a wood table. Roll dough until very thin and about 24 long x 18 inches wide. Brush dough with melted butter.

Put chopped apples evenly across bottom third of the dough. Sprinkle apples with cinnamon and sugar mixture, vanilla crumbs and walnuts. Using the towel to help you, carefully begin to roll the strudel, starting at the bottom. As you roll, pat down the strudel with your hands and begin to pinch down the sides.

Carefully transfer to a large parchment lined cookie sheet. (This may take two people). Strudel should be large enough to be laid in a half moon shape or look like a large comma. Top with extra melted butter. Bake at 350° for 45 minutes.

When cool, sprinkle with powdered sugar and cut into slices. The strudel is best when made the day before. Serve with vanilla ice cream.

Per Serving (excluding unknown items): 462 Calories; 23g Fat (43.3% calories from fat); 7g Protein; 61g Carbohydrate; 4g Dietary Fiber; 64mg Cholesterol; 156mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 4 Fat; 2 Other Carbohydrates.