

Apple Strudel

From the Kitchen of: Joe Valencic

<u>Ingredients for the dough</u>	<u>Ingredients for the strudel filling</u>
3 cups Sapphire flour (13.5 oz.) 1/4 tsp. salt 2 eggs, lightly beaten 3.4C water (warm) (6 oz) 2 Tbsp. melted unsalted butter 1 Tbsp vegetable oil	2# Granny Smith or other baking apples, peeled, cored and sliced very thin. 1/2 cup lemon juice (2 lemons) Zest from (1) lemon or (1) orange (optional) 1 cup sugar 1 1/2 tbsp. Cinnamon 1 cup golden raisins 1 cup bread crumbs 8 tbsp. butter, melted for spraying and brushing

Directions for the Dough

Making it by hand:

In a medium size mixing bowl sift in the flour and the salt. Create a well in the center of the flour. In a separate mixing bowl, combine the eggs, butter and water. Pour liquid into center of well. With a fork, work the flour into the center of the well. Turn the bowl while you are doing this. Once dough comes together, knead on the table. Continue kneading for 10 minutes. Yes, 10 minutes! Coat the outside of the dough with one tbsp. vegetable oil and cover with plastic wrap or tea towel. Reserve in a warm environment for 30-60 minutes. For stand mixer, combine all ingredients and knead for 10 minutes with dough hook on speed #2.

Making it in a food processor:

Place all the ingredients in the fitted bowl with blade attachments of the food processor. Pulse until the mixture forms a ball. Continue mixing for two minutes. Remove dough from bowl. Coat dough with one tbsp. vegetable oil. Wrap airtight with plastic wrap. Allow to rest in a warm 70 degree area for 20 minutes.

Directions for the strudel:

In a medium bowl, toss together the apples, lemon juice and zest. In a small bowl, combine the sugar and the cinnamon. Add the sugar and raisins to the apples. Reserve.

Place dough on flour dusted tablecloth. With a rolling pin, roll dough to 12 inch by 12 inch square. Now, here is the fun part. Lift the dough from the table and work with the back of hands and knuckles. Constantly move hands, pulling back until the dough stretches to the size of the table. It should be paper thin and hanging off the table. Trim of excess thick dough with knife or scissors. Spray or brush complete surface of dough with butter.

Spread bread crumbs in a two-inch line, four inches from the bottom of the dough. Place the prepared apples on the line of bread crumbs and roll up using cloth to roll. As one full rotation is made, brush surface of dough with melted butter until all dough is rolled. With a knife, trim ends and tuck end of dough to close end and seal. Spray or brush dough with melted butter. Pierce roll with a small knife every 2" to allow steam to escape.

Bake in a 375-degree oven for 20 minutes. Spray with butter again and turn sheet pan around. Continue to bake for 20 minutes, until golden brown.