

Apple Strudel

Yield: 3 strudels

Dough:

2 lbs bread flour

1 lb 2 oz water

½ oz salt

3 eggs

2 oz oil

Filling:

3 lbs apples, (peeled, cored and sliced)

1 oz lemon juice

8 oz sugar

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4 oz raisins

4 oz walnuts, chopped

2 oz cake/ bread crumbs

¼ oz lemon zest

¼ oz cinnamon

1 lb butter, melted

bread crumbs

cinnamon sugar

Procedure:

1. Scale ingredients.
2. Place all ingredients for the dough into mixing bowl with dough hook attachment and combine on slow to medium speed for approximately 10 min.
3. Cover and set aside to rest for at least two hours.
4. Gather and scale remaining ingredients.
5. Mix together peeled, cored and sliced apples with lemon juice and first amount of sugar then place in a colander to draw out excess water from apples for approximately one hour.
6. Mix together remaining ingredients.
7. Combine drained apples with other filling ingredients and set aside.
8. Place large tablecloth over table and flour heavily.
9. Place dough in center of table and gently roll with rolling pin.
10. Flour hands and arms heavily and remove all jewelry.
11. Place hands under the dough palms down using the backs of hands begin stretching the dough by moving hands slightly up and toward your body. Repeat this motion moving all around the dough being careful to avoid extremely thin areas and working on areas that are thicker.
12. Dough will stretch until thin enough to see through.
13. Brush with butter and scatter bread crumbs and cinnamon sugar over dough.
14. Place filling about 3 inches along one edge of dough.
15. Trim off excess dough all around the table edge with a pair of scissors.
16. Carefully pick up the dough along this edge and lightly stretch over the filling.
17. Lift tablecloth along the same edge and roll the dough one rotation like a jelly roll.
18. Brush off excess flour.
19. Repeat # 16.
20. Repeat # 17.
21. Continue until strudel is entirely rolled.
22. Twist off ends of dough and tuck under.
23. Place strudel on sheet tray and bake at 375 degrees F for 45 min. or until strudel is dark golden brown.
24. Glaze with honey if desired.

Source: recipe from the UMASS chef