

# APPLE STRUDEL

Prepared by: Brad Patton, Oktoberfest 2017

Source: [theguardian.com](http://theguardian.com)

For the pastry:

285g plain flour  
1 free-range egg  
150g water  
100g butter, melted  
2 tbsp demerara sugar  
50g flaked almonds  
Icing sugar, to serve

For the filling:

425g russet apples  
425g Granny Smith apples  
75g currants, soaked for at least a couple of hours in 4 tbsp apple brandy and drained  
Grated zest of ½ lemon  
50g soft light brown sugar  
½ tsp ground cinnamon  
Pinch ground nutmeg  
Pinch ground cloves

To make the pastry, sift the flour on to a clean work surface and add a pinch of salt, and make a well in the middle. Beat together the egg, water and 1 tsp melted butter and then mix enough of this into the flour to make a soft, sticky dough – add a little at a time so you don't overdo it, the dough shouldn't be wet.

Now comes the fun bit – repeatedly throw the dough from shoulder height on to the work surface for 15 minutes until it becomes elastic and loses its stickiness. Wrap it in cling-film and leave it at room temperature for half an hour while you make the filling.

Preheat the oven to 200C, and place a greased baking tray on to the middle shelf. Peel and core the apples, and cut them into chunks. Put these into a large bowl and mix in the rest of the filling ingredients.

Clear a large work surface or table and cover with a clean tea towel or kitchen paper (if it has a strong pattern, that will make your life easier later). Dust lightly with flour, and divide the dough in half. Keep one half wrapped in cling-film at room temperature while you make the first strudel, then repeat the process with it.

Roll out the dough as thinly as possible with a lightly floured pin. When you can't roll it any more thinly, begin gently stretching it using your whole hands – it will be springy, but keep on going until you can see the pattern of the tea towel (or read some print) through it. Try not to tear it – any small holes can be patched up with excess pastry.

Brush the rolled out pastry with butter and sprinkle with half the demerara sugar. Spoon half the filling in a line down one end of the pastry and then, using the tea towel to help you, roll up the pastry into a sausage shape. Repeat with the rest of the pastry and filling.

Gently lift both rolls on to the greased baking sheet and curve into a crescent shape. Brush with melted butter and sprinkle with flaked almonds, then bake for 30–40 minutes until the pastry is golden and the apples cooked. Dust with icing sugar and allow to cool slightly before serving.

