

Lori's German Apfelstrudel

IMPORTANT: REMOVE RINGS AND JEWELRY FROM FINGERS AND WRISTS!

Der Strüdelteig (Dough)

1 ¼ cup flour (unbleached)

Pinch of salt

¼ cup lukewarm water

1 large egg

1 T. oil (she recommends coconut oil, melted)

Whisk the water, egg and oil together. In a separate bowl, stir the flour and salt together. Make a well in the center of the flour and add the wet ingredients and stir together with a fork til incorporated. Remove from bowl and knead on a flour covered surface, working in just enough flour to make a smooth, glossy dough. (It will be soft, but should not be sticky or dry.) Keep kneading until the “dimples” give way to a smooth appearance. Then take the dough in your hand and throw . . . no, heave the dough onto the countertop 100 times! Now form it into a very smooth ball, place in a baggie (sprayed with non-stick spray) and then wrap lightly in a kitchen towel. Set in a warm place to rest for 1 hour.

While the dough is resting, prepare the apples!

Apfel Füllung (Apple Filling)

You will need a minimum of 3 pounds of good firm baking apples. Golden Delicious is very good. But you can use any apples. Peel, core and grate the apples. Or do as the Germans do and use everything but the stem!

Das Beste! (The FUN Part!)

Place a large, clean dish towel (the flour sack kind) on countertop. Dust with flour. Place the dough ball in the center and with a rolling pin, roll the dough into about a 15 inch circle. With a partner, pick up the dough and work it in a circle over the backs of your hands, gently stretching the dough as you go, until it is very thin (ideally you should be able to read a newspaper through it!) It should be almost as big as your towel. Holes and tears can usually be pinched together. Lay the dough on the towel and continue stretching the thick edges as much as possible until it is the desired size and shape.

Melt 1 cube butter and pour over the dough. Using your hand or a very soft pastry brush gently spread the butter evenly over the entire surface (to the thick edge which should be about 1” wide). Sprinkle lightly with Cream of Wheat OR bread crumbs. Scatter the grated apples over the surface and gently spread evenly to within 1” from the edge. Sprinkle sugar over all. (Even

sweet apples will need some sugar. Determine the amount of sugar by the tartness of the apples.) Sprinkle with cinnamon. (You may also add nutmeg, and dried fruit like raisins, craisins, or black currants, and nuts chopped into small pieces.)

With a sharp knife, cut away the thick edge of dough and throw away. Carefully fold over the edges of the Strüdel toward the center, about 1 ½ inches all around. Get your baking pan ready (a jelly roll pan works great! Your pan must have sides to hold the juices that will definitely seep out during baking!) Spray the pan with non-stick spray, then line with parchment and spray the parchment. Then place the pan at the edge of the dish towel. Now, lift the opposite edge of the towel so that the Strüdel rolls itself together toward the pan. Carefully lift or roll the Strüdel off of the towel and into the pan. Finally, brush the entire outer surface with more melted butter (usually takes a whole cube!). Do this carefully so as not to tear the delicate dough!

If you want to refrigerate or freeze your Strüdel for later use, let the butter solidify on the surface, then cover with plastic wrap, followed by aluminum foil over the entire baking sheet. Keep in refrigerator up to 5 days before baking. Can freeze for 2-3 weeks if wrapped tightly. Carefully remove the plastic wrap from surface of Strüdel while still frozen and thaw before baking.

To bake: Preheat oven to 375 degrees. Bake for about 45 minutes, or until the crust is golden brown and the apples are tender. Remove from oven and generously sift powdered sugar over the top. Slice and serve hot with ice cream or whipped cream.