



BIOSÜDTIROL

Organic farmer Sissy suggests: apple and walnut strudel

Preparation time: 100 minutes

Level: high

Ingredients for 1 strudel

For the filling

3-4 Fuji apples (sweet and sour apples), freshly sliced with a mandoline 400 g

Juice of ½ lemon

Peel of ½ lemon

50 g date sugar

1 level teaspoon of Ceylon cinnamon

40 g sultanas, optionally soaked previously in 2-3 tablespoons of rum

40-60 g walnuts

For the dough

130 g wheat or spelt flour, alternatively wholemeal or wholemeal spelt flour

130 g white flour

65 g olive oil

110 g water

1 pinch of salt

100 g date sugar

Preparation

For the filling

Wash the apples and, without peeling them, finely slice them with a mandoline. Wash the lemon and dry it. Cut it in two and squeeze half of it, adding the juice to the apples. Roughly chop the walnuts and mix well with the other ingredients.

For the dough

Finely grind the wheat (or spelt). Alternatively, use wholemeal flour. The dough can obviously also be prepared using only white flour, which is suitable for any recipe, but does not contain as many nutrients. Mix the flour with the oil and knead well with your hands. Add the water and other ingredients, then continue to knead until you have an elastic dough. It is preferable to let it rest for 30 minutes at room temperature in order to allow the wholemeal flour to set.



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Place baking paper on the work surface and roll out the dough into a rectangular shape using a rolling pin. Place the apple filling in the centre and close the strudel, sealing it; then turn it upside down to hide the seam of the dough edges. Bake it in the preheated oven on the second shelf from the bottom at 180 °C for 45-50 minutes. Dust the strudel with icing sugar before serving. When still warm, the dough is soft. Once cooled, it will be crunchy and will then soften after about a day.

Sissy's suggestion:

There are several variations of apple strudel: with shortcrust pastry or puff pastry, including ready-made versions for those in a particular rush. This dough is a cross between shortcrust pastry and puff pastry. It contains much less fat than shortcrust pastry and is therefore healthier, while retaining a pleasantly crunchy texture. For this reason, it can be described as a kind of 'healthy strudel', perfect for a sweet dinner or a full breakfast. If you are in a hurry, ready-made puff pastry is the perfect solution since it will allow you to prepare apple strudel in no time at all.