



BIOSÜDTIROL

Organic farmer Alma serves: Caramelized Apple Strudel

Preparation: 2.5 hours

Difficulty: average

Ingredients (10 servings)

Filling

600 g Evelina apples
30 g breadcrumbs
40 g butter
90 g sugar
30 g sultanas
20 g hazelnuts
20 g almond flour
15 g walnuts
2 tablespoons rum
1 vanilla pod
a pinch of cinnamon and lemon zest

Wholemeal shortcrust pastry made with ricotta cheese

100 g butter
100 g ricotta cheese
50 g honey
lemon zest
50 g vanilla sugar
1 egg yolk
160 g wholemeal flour
1 pinch of salt

Preparation

Preheat the oven to 180 degrees. Grease or cover a baking sheet with baking paper. Dough: bring the butter to room temperature, mix quickly with the ricotta, honey, lemon rind and vanilla sugar to obtain a homogeneous mixture. Incorporate the wholemeal flour and salt and knead. Wrap in beeswax wrap and leave to rest for 1 hour in the refrigerator. For the filling, peel, core and slice the apples. Toast the breadcrumbs in a little butter. Caramelize the sugar in a saucepan, add the apples and butter and glaze them for about 2 minutes. Leave the apples to cool and incorporate the breadcrumbs, sultanas, walnuts, hazelnuts, rum, vanilla sugar, cinnamon and lemon rind. Roll out the shortcrust pastry on a floured pastry board and then place it on the baking sheet. Pour the apple filling over the dough, close and seal to form the Strudel, brush with the beaten egg and decorate with the remaining strips of dough. Bake for 35 minutes in the oven and serve with a smile!



BIOSÜDTIROL

Alma's tip:

To intensify the nutty flavour, add bits of almonds and hazelnuts to the dough and, before baking, sprinkle the surface of the Strudel with brown sugar and chopped nuts. Enjoy your Caramelized Apple Strudel!