

# Apple Strudel

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*The pastry in apple strudel is phyllo dough, which you can buy in the freezer section of most supermarkets. The biggest obstacle to using phyllo is it sometimes sticks together. To eliminate this, you need to unthaw it properly. The day or night before you are going to make Apple Strudel, move your phyllo box from the freezer into the refrigerator. Then on the day you are making Apple Strudel, put it on your counter early to bring it to room temperature - ideally for a few hours, but one hour will probably work. Then unroll it carefully. If it sticks together on the edges, use a sharp knife and run it between the sheets to loosen. To make it easy to roll the strudel, line a baking sheet with parchment paper, which will guide you as you roll. If you have leftover strudel, rewarm in a 350° oven for 10 minutes.*

1 ¼ cups	apple juice	⅓ cup	pecans, chopped
2 Tablespoons	cornstarch	4 sheets	Phyllo pastry sheets defrosted according to package directions
3 large	Granny Smith Apples, peeled, cored and large dice	¼ cup	melted butter
½ cup	raisins	3 Tablespoons	fine dry bread crumbs
3 Tablespoons	sugar	1 Tablespoon	powdered sugar, sifted
1 teaspoon	cinnamon		vanilla ice cream (optional)

- 1 Preheat oven to 400°. Measure ¼ cup apple juice and stir in cornstarch. Set aside.
- 2 In large saucepan over medium heat, cook the apples with 1 cup apple juice, raisins, sugar, cinnamon until the apples are tender, about 8 minutes. Restir the cornstarch mixture and add to the apple mixture, stirring constantly until thickened. Remove from heat, cool and chill until needed. When ready to use, stir in pecans.
- 3 While apples are cooking, get 2 baking sheets ready. Line each baking sheet with parchment paper. Unroll the unthawed and room temperature phyllo dough onto a baking sheet and cover it immediately with plastic wrap to keep it moist and keep it covered when not using.
- 4 On the second baking sheet with parchment, lay one piece of phyllo on the parchment, then with a brush, dab, not brush with melted butter. Sprinkle with one tablespoon of bread crumbs and repeat phyllo layer three times. Top with a fourth sheet of phyllo and then spread the apple filling evenly leaving a 1" clean edge on all sides. Starting with the long side, pull up the parchment paper using it as a guide and begin to roll the strudel into a log. Release the parchment paper once you get it going and continue rolling to the end. Brush melted butter to glue the seam together at the end and then using the parchment paper, roll the strudel so the seam side is down.
- 5 Brush the top of the strudel with butter. Bake for about 15 minutes or until the top begins to brown. (It will be a very light brown). Remove from the oven. Sprinkle with powdered sugar just before serving and slice into 2" slices. Serve with ice cream, if desired.

Servings: 8

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Total Time: 40 minutes

Oven Temperature: 400°F

## Nutrition Facts

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Nutrition (per serving): 238 calories, 85 calories from fat, 9.8g total fat, 15.3mg cholesterol, 56.9mg sodium, 247.9mg potassium, 38.6g carbohydrates, 3.4g fiber, 25.4g sugar, 1.9g protein.

## Source

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Author: Adapted by Patricia K. Rose

Source: Berghoff Restaurant, Chicago, IL

