

Apfelstrudel in Milch gebacken (Apple Strudel baked in Milk)

Number of Servings: 6

The traditional Bavarian Apple Strudel is baked in a roasting pot and is basted with milk or cream.

Ingredients

For the Dough

2 cups [Bread Flour](#) (You need the gluten of Bread Flour for this recipe, so do not use All Purpose, Cake, Whole Wheat, or Pastry flour)

approx. 1/2 cup Water, lukewarm

Pinch of Salt

1 Egg

2 tablespoons Oil

For the Filling

3/4 cup (packed) Seedless Raisins (soaked in water)

4-5 large Apples (choose a tart variety like Granny Smith)

3 tablespoons fresh Lemon Juice

Zest from 1 Lemon

1/2 cup Sugar

1 teaspoon Cinnamon

1 cup Sour Cream

Additional Ingredients

1/4 cup (1/2 stick) Unsalted Butter (Melted)

1/2 cup Milk

Powdered Sugar

Instructions

Place the flour in a bowl. Make a well in the center and add the salt, oil, and egg. Add enough water to make a soft, sticky dough. The dough should come off the sides of the bowl, but still be moist.

The dough must now be kneaded until it is very elastic and smooth. If kneading by hand, this will take around 15 minutes. If using a mixer, using the dough hook, mix for 10 minutes, then take dough out of the mixer and knead by hand an additional 5 minutes.

Place dough in an oiled bowl. Brush the dough with a little oil also, cover with plastic, and allow dough to rest at room temperature for 1/2 hour.

In the meantime, prepare the filling. Drain the raisins. Wash and peel the apples. Remove the cores and slice apples into chunks. Add apples to a bowl, add the lemon juice, lemon zest, sugar, raisins, and cinnamon. Mix together and set aside.

Preheat oven to 375°F. Grease a large roasting pot with half of the butter.

Cover a table with a clean, smooth table cloth. The table cloth should hang over the sides of the table. Rub flour into the cloth, especially in the center.

Lay the dough on the cloth and sprinkle it with flour. Rollout the dough using a rolling pin to the size of a large handkerchief. Brush the dough with oil to keep it from drying out.

Dip your fists in flour. Place your fists (palms down) under the dough. Stretch the dough with your fists, working from the center to the outside. If dough begins to dry out, brush it with oil. Stretch the dough until it is paper thin. The dough should be so thin that you can almost see through it.



When the dough is evenly stretched out, cut off edges to make a rectangular shape.

Brush dough with a thin layer of sour cream. Brush from the middle to the edges.

Spread the apple filling evenly over the dough, leaving about a 1 1/2 inch border from the edges. Fold over the 1 1/2 inch flaps of dough to the right and left of the filling.

Lift up the cloth on one of the long sides to start rolling up the dough. By raising the cloth, gently continue this procedure until all of the dough is completely rolled around the filling.

Use the cloth to transfer the strudel into the prepared pan. Brush the dough with melted butter. Heat up the milk and pour hot milk into the roasting pan, so that the strudel is sitting in the milk. Bake the strudel for about 1 hour, basting it occasionally with milk, until the strudel is golden brown.

Remove the strudel from the oven. Remove it from the pan and allow it to cool slightly. Dust the strudel with powdered sugar. Serve warm with vanilla ice cream, whipped cream, or a [vanilla sauce](#).

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