
Apple Strudel

Sterling's Restaurant - Pittsburgh, PA

Pittsburgh Chefs Cook Book - 1989

NOTE: Glaze the strudel with a warm apricot glaze or dust with powdered sugar at serving time.

Serve at room temperature with vanilla custard.

12 packages puff pastry dough, strips rolled 1/8 inch thick (4-1/2 x 20 inches)

40 apples, peeled, cored, quartered, sliced 1/8 inch

2 pounds raisins, soaked and drained

2 pounds pecans and walnuts, chopped

1 pound sugar

1 teaspoon cinnamon

4 lemons, rind grated

egg wash (as needed)

cake crumbs, bread crumbs, graham cracker crumbs or crushed corn flakes as needed

Place three puff dough strips on a paper-lined sheet pan. Brush with egg wash and cover the center 2-1/2-inch wide with cake crumbs.

Place the apple filling 2-1/2-inch wide and 2 inches high on top of the crumbs.

To cover the filling, take three puff strips and make diagonal cut-ins 1/4-inch apart, 3 inches long.

Place strips over the filling and press the sides down.

Brush the strudel with egg wash. Bake in a preheated oven at 375 to 400 degrees until a golden color.

Dessert

Per Serving (excluding unknown items): 7790 Calories; 24g Fat (2.6% calories from fat); 42g Protein; 2040g Carbohydrate; 189g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 104 Fruit; 0 Fat; 30 1/2 Other Carbohydrates.