



! GERMANY

Apple Strudel

Serving Size: 1 Piece; Calories 194; Total Fat 8g; Sodium 191mg; Total Carbohydrate 29g; Dietary Fiber 2g; Sugars 18g; Protein 2g

Ingredients:

- 3 Granny Smith apples
- 1 teaspoon lemon juice
- 1 teaspoon vanilla
- 1/2 cup light brown sugar
- 1 teaspoon ground cinnamon
- 3 tablespoons all purpose flour
- 1 sheet thawed puff pastry
- 1 egg
- 1/4 cup milk
- 1 tablespoon coarse sugar, optional

Equipment Needed:

- Parchment paper
- Baking sheet
- Large bowl
- Small bowl
- Rolling pin
- Whisk
- Kitchen shears or knife
- Pastry brush
- Vegetable peeler

Prep Time

10 min

Total Time

50 min

Servings

6



Instructions:



1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.



2. In a large bowl, combine lemon juice, vanilla, brown sugar, cinnamon, and flour.

Apple Strudel

Instructions Continued:



3. Peel and core apples and cut into 1/4" slices. Add apples to the brown sugar mixture and stir to coat.



4. Place thawed puff pastry onto the lined baking sheet. Use a rolling pin to slightly roll it out.



5. Evenly spread the apple mixture down the center of the pastry lengthwise.



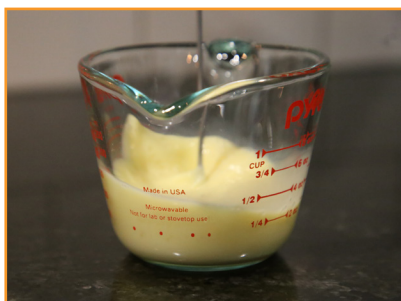
6. Cut the sides of the pastry into strips with kitchen shears or a knife.



7. Fold strips decoratively, crossing them over each other on top of the apples.



8. Seal strips tightly with water by pressing them together. The water serves as "glue" to hold the strips in place.



9. Whisk together the egg and milk in a small bowl.



10. Lightly brush the top of the pastry with the egg wash.



11. If desired, sprinkle with coarse sugar on top of strudel.

Apple Strudel

Instructions Continued:



***Note: To make cherry strudel, substitute with one can of cherry pie filling.**

12. Bake for 35 to 40 minutes or until golden brown. Serve warm.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with **#FoodFun4H** **#Indiana4H**



Extension - Lawrence County

