

SWEET BERRY STRUDEL WITH VANILLA BEAN ANGLAISE



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2



Ingredients

SWEET BERRY STRUDEL WITH VANILLA BEAN ANGLAISE

Fresh Apple Berry Strudel

Pastry

- 250g flour
- Salt, pinch
- 1 egg yolk
- 125ml warm milk
- 30g melted butter

Filling

- 1.5kg green apples

- 150g sugar
- 175g sultanas
- 2g cinnamon
- 150g apricot jam
- 100g butter
- 125g fresh breadcrumbs

Vanilla Bean Analgise

- 500ml milk
- 500ml cream
- 125g sugar
- 9 egg yolks
- 1 vanilla pod

Methods and Directions

SWEET BERRYSTRUDEL WITH VANILLA BEAN ANGLAISE

Fresh Apple Berry Strudel

- Sift flour and salt into a bowl and make a bay.
- Then add your milk, egg yolk and melted butter.
- Mix to a smooth dough and rest for 30 minutes.

Filling

- Peel and core apples then slice thinly into a bowl.
- Add the sugar, sultanas, cinnamon and apricot jam. Mix well.
- Wrap it and set aside for later.
- Melt 100g of butter in a saucepan then add the breadcrumbs and cook until golden brown.

To Finish

- Roll pastry into a square then place a tablecloth over a bench and place thinly rolled pastry on top. You need to pull the pastry from all sides until it's very thin and transparent.
- Sprinkle with breadcrumbs and then place the apple mix around and roll gently but make sure the strudel is tightly rolled.
- Place on a greased tray and then grease your strudel and bake at 190C till golden and cooked through.

Vanilla Bean Analgise

- Place milk and cream in saucepan, add the vanilla bean and bring up to a boil.



- Place eggs and sugar in a bowl and mix.
- Pour the milk through a strainer into a bowl, then very slowly pour half the milk into the egg mix while whisking.
- Once it becomes thin, pour the egg and milk into a new pot and stir over a very low heat for 15 minutes or until slightly thickened.
- Place in the fridge to cool.

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