

## Apple Strudel with Stretched Dough

(*Tahaná Jablková Štrúdlá*)

### Dough:

- 1½ cups all-purpose flour (do not use self rising)
- ½ tsp. salt
- 2 tbsp. vegetable oil
- ½ cup lukewarm water
- ¼ cup margarine or butter, melted
- 2 tbsp. dry bread crumbs
- ¾ cup blanched almonds, ground
- Icing sugar

### Filling:

- 6 cups thinly sliced pared tart apples (6 med.)
- ¾ cup sugar
- ⅔ cup golden raisins
- 1 tbsp. each of cinnamon and grated lemon peel

Measure flour, salt, oil and water into bowl. Mix with fork until all flour is moistened and dough leaves bowl. Turn dough onto lightly floured surface, knead until dough does not stick to surface with small amounts of flour while kneading. Shape dough into ball; brush with melted margarine and cover with warm bowl. (To warm bowl rinse with hot water, drain and dry.) Let rest about 30 minutes. Dough will be easier to handle. While dough is resting, cover a space on counter or table about 3 feet square with a large dish towel or tablecloth. Tuck ends of cloth under and secure with tape. Sprinkle cloth with small amounts of flour, assemble ingredients for filling but do NOT mix. Heat oven to 425°F. Roll dough on cloth to ⅞ inch thickness. Place hands palms side down and close together under dough. Gently lift and

move hands apart until dough is paper thin and is stretched evenly to form a 30-36 inch square. Trim thick edges with kitchen scissors. Brush square with melted butter or margarine and sprinkle with bread crumbs. Sprinkle almonds in a three-inch strip along one edge. Mix filling, spread over strip of almonds to within two inches of each end. Lift edge of cloth nearest apples, with both hands roll up square as for a jelly roll. Place roll seam side down on greased baking sheet in a horseshoe shape. Brush roll with melted margarine. Bake 15 minutes, decrease oven to 375°F and bake until golden brown about 15 minutes. Remove from oven, dust with icing sugar. Serve warm or cold. Cut into one-inch slices and if desired, serve with ice cream or sweetened whipped cream.

## Unstretched Strudel Dough

(*Neťahaná Štrúdlá*)

- 2½ cups sifted flour
- ½ tsp. salt
- 1 tsp. baking powder
- 1 egg
- ⅔ cup ice water
- 4 tbsp. salad oil

Sift the flour, salt and baking powder into a bowl. Make a well in the centre and drop the egg, water and oil into it. Work into the flour and knead until smooth and elastic. Place a warm bowl over it for 30 minutes. Roll out as thin as possible and spread with one of the following fillings. Roll up like a jelly roll and brush with oil or melted butter (a must!) Bake in a 350°F oven for 45 minutes. Cut into one-inch slices while hot. Makes about 36.

Anna Balazovic Oak Bluff

## Strudel fillings:

### Apple filling II:

- (*Jablková Plnka*)
- 5 cups apples, sliced
  - 1 cup sugar
  - ½ cup raisins
  - 1 cup chopped nutmeats
  - 1 tsp. cinnamon
  - ½ cup vanilla wafer crumbs
  - 6 tbsp. butter or margarine, melted

Combine all ingredients and spread evenly over strudel dough. Roll up.

### Cabbage filling:

- (*Kapustová Plnka*)
- 6 cups finely shredded cabbage
  - ½ cup minced onions
  - ⅓ cup butter
  - 1½ tsp. salt
  - ¼ tsp. pepper
  - 2 tsp. sugar

Cook the cabbage and onions in the butter over low heat 25 minutes, mixing occasionally. Stir in the salt, pepper and sugar. Cool. Spread evenly with the hand. Roll up in strudel dough. Serve with your main courses.

### Cheese filling I:

- (*Tvarohová Plnka*)
- 2 eggs
  - ½ cup sugar
  - ½ lb. cottage cheese
  - ½ lb. cream cheese
  - 1 tsp. vanilla
  - 3 tbsp. dry bread crumbs

Beat the eggs and sugar until thick. Add the cottage cheese, cream cheese and vanilla. Continue to beat until smooth. Sprinkle the bread crumbs over half the oiled strudel dough and spread the cheese mixture over it. Roll up.

### Cheese filling II:

- 3 egg yolks
- 4 tbsp. butter
- ½ cup icing sugar
- ½ tsp. vanilla
- 3 tbsp. raisins
- Pinch of salt
- ½ cup sour cream
- 1 tsp. lemon rind, grated
- 1 lb. cottage cheese, pressed through strainer
- 3 egg whites, stiffly beaten

Cream the egg yolks with butter, sugar and vanilla until light. Blend in while whisking, sour cream, raisins, lemon rind and salt. Fold egg whites into strained cottage cheese and mix with other ingredients. Spread mixture over strudel dough. Roll up.

### Cherry filling:

- (*Cerešňová Plnka*)
- 1½ cups finely ground nuts
  - 4 cups canned sour red cherries, pitted and drained
  - 1 cup sugar

Spread the nuts over half the oiled strudel dough and cover with the cherries. Sprinkle with the sugar. Roll up.

### Coconut filling:

- (*Kokosová Plnka*)
- 3 cups shredded coconut
  - 2 cups ground nuts
  - 2 cups fruit preserves

Because coconut is very rich we suggest to make four small strudels for this recipe. Mix the coconut, nuts and preserves together and spread ¼ amount on each piece of oiled dough. Roll up.